



# 2022 ANNUAL REPORT



Cork  
Sports Partnership  
**Compháirtíocht  
Spóirt Chorcaí**

— SPORT IRELAND —

**Registered Office:** C/O Cork Motor Tax Office, Model Farm Business Park, Model Farm Road. Cork

**Organisation Type:** A company limited by guarantee

**Title:** Directors'/Trustees' Annual Report and Financial Statements

**Period Covered:** 1<sup>st</sup> of Jan 2022 – 31<sup>st</sup> of Dec 2022

**Sports Exemption No:** GS1587

**Auditor:** OSK

**Banker:** Allied Irish Bank

**Accountant:** Mark O'Keeffe and Company Chartered Accountants.

**Directors:**

Mr. Morgan Buckley (Chairperson)

Mr. Michael Carey (Vice Chairperson)

Cllr. Derry Canty (Treasurer/Signatory)

Dr. Cian O' Neill

Cllr. Kay Dawson

Cllr. Colm Kelleher

Cllr. Eolan Rynng

Cllr. Declan Hurley

Mr. Paudie Palmer

Supt. Michael Comyns

Cllr. Deirdre Kelly

Mr. David Joyce

Mr. Niall Healy

Dr. Sheelagh Broderick

Mr. Liam Aherne

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## A Message from Our Chairperson



I am delighted to share with you this annual report for Cork Sports Partnership. I believe sport and physical activity in Cork is in great shape. Sport has rebounded strongly after covid, however there are continued challenges, and our job is to make sure we don't leave people in our communities behind. I know this is a priority shared by all board members and staff of the CSP. I want to thank all the communities and volunteer groups who work so hard to provide opportunities for people to participate in sport and physical activity, which makes an incredible difference to the lives of so many. We welcome people from many different nationalities and backgrounds to sport in Cork and I know and hope this will continue.

This is my final report, and I will be completing my term of office as Chair of CSP in June at the AGM. It has been a huge honour and a very great privilege to serve as Chair of the Cork Sports Partnership and to work with you and the team in this capacity. I want to thank you all for your ongoing support, commitment and huge hard work as volunteers on the Board and various sub committees.

I also want to sincerely thank Kristine Meenaghan and Egle Ziurniene and the rest of the CSP team for their dedicated service, commitment, professionalism and hard work. They deliver a wide range of invaluable services which are making a major difference to the people of Cork, and this will continue to grow and thrive. I would also like to thank Claire Hurley for all her work with the Partnership and wish her every success in her new career.

It has been a very challenging period as we navigated through covid and all the uncertainty this created. We ensured all staff retained their positions and the services were continued to be delivered by our incredible team in many different ways. We have overseen the major growth in funding, programmes and partnership with many different stakeholders. We have worked very closely with our local statutory agencies, health agencies, education sector and

the community and sport sectors to deliver these services and I want to thank everyone involved in these agencies for the strong and continued support.

I would like to thank Sport Ireland for their continued strong support and investment in the CLSP. In particular I would like to acknowledge the support of Dr Una May, CEO and Louise Burke Director of Participation, for their strong and continued support. I would like to welcome John Foley, the new Chair of Sport Ireland and we look forward to welcoming him to visit with us when he has time.

Finally on a sad note, we mourn the loss of fellow Board member, the late Paudie Palmer RIP – the voice of sport in Cork, who tragically passed away in early January. Paudie provided incredible service and dedication to Cork Sports Partnership for many years. He chaired our audit and finance committee and was always a warm and welcome presence at all our functions, presentations and his support of the community was infectious. On behalf of the Board, I extend again our sincere sympathies to his wife Colette and his daughters, Claire and Emily and his extended family.

With kind regards and best wishes

*Morgan Buckley*

**Morgan Buckley**  
Chair, Cork Sports Partnership

## Coordinators Statement



It is always a pleasure to reflect on and share the achievements and developments of Cork Local Sports Partnership and 2022 was no exemption.

I would like to take this opportunity to thank all the fantastic local and national partners we have worked with to ensure that sport and physical activity continues to be championed across Cork.

I would like to extend our sincere gratitude and thanks in recognition of the outstanding contribution and impact made by Miss Claire Hurley who worked with the Sports Partnership for over fifteen years. We also welcomed four new staff into the CLSP team – Sport Inclusion Disability Officer, Miss Cliona Horan, Financial Administrator- Mrs Anna Golka, Sports Administrator- Miss Louise Burke and Community Sport Inclusion Development Officer, Mr Tim Burke.

Throughout the year, there were many wonderful highlights as we delivered on the fourth and final year of the strategy, (2018-2022). This report sets out the highlights under the three strategic priorities, Active Cork Sport, Active Cork Communities and Active Cork Sports Partnership. Despite the challenges, CLSP continues to inspire, innovate, and create new partnerships across Cork to ensure we remain committed to the Vision of the Company, Working Together to Keep Cork Active.

I would like to extend my thanks and gratitude to the Board of Directors of Cork Local Sports Partnership for their ongoing investment and support in 2022. Particularly, those Directors sitting on the board committees for their ongoing commitment to supporting the review of the procedures and practices in maintaining and supporting the governance and operations of the company.

While there were significant changes to the members of the CLSP team in 2022, the resilience demonstrated illustrates the unwavering commitment, dedication and clear passion from the management team and the development officers of the CLSP.

With kind regards and best wishes.

*Kristine Meenaghan*

**Kristine Meenaghan**  
Coordinator



# Company Overview

## Vision & Values

Our Vision for an Active Cork – Working Together to Keep Cork Active

**Core Values:**

- Collaboration
- Partnership
- Facilitation
- Inclusion

## Our Mission Statement

The strategy set out how Cork LSP will deliver and grow sport and physical activity in Cork from 2018-2022.

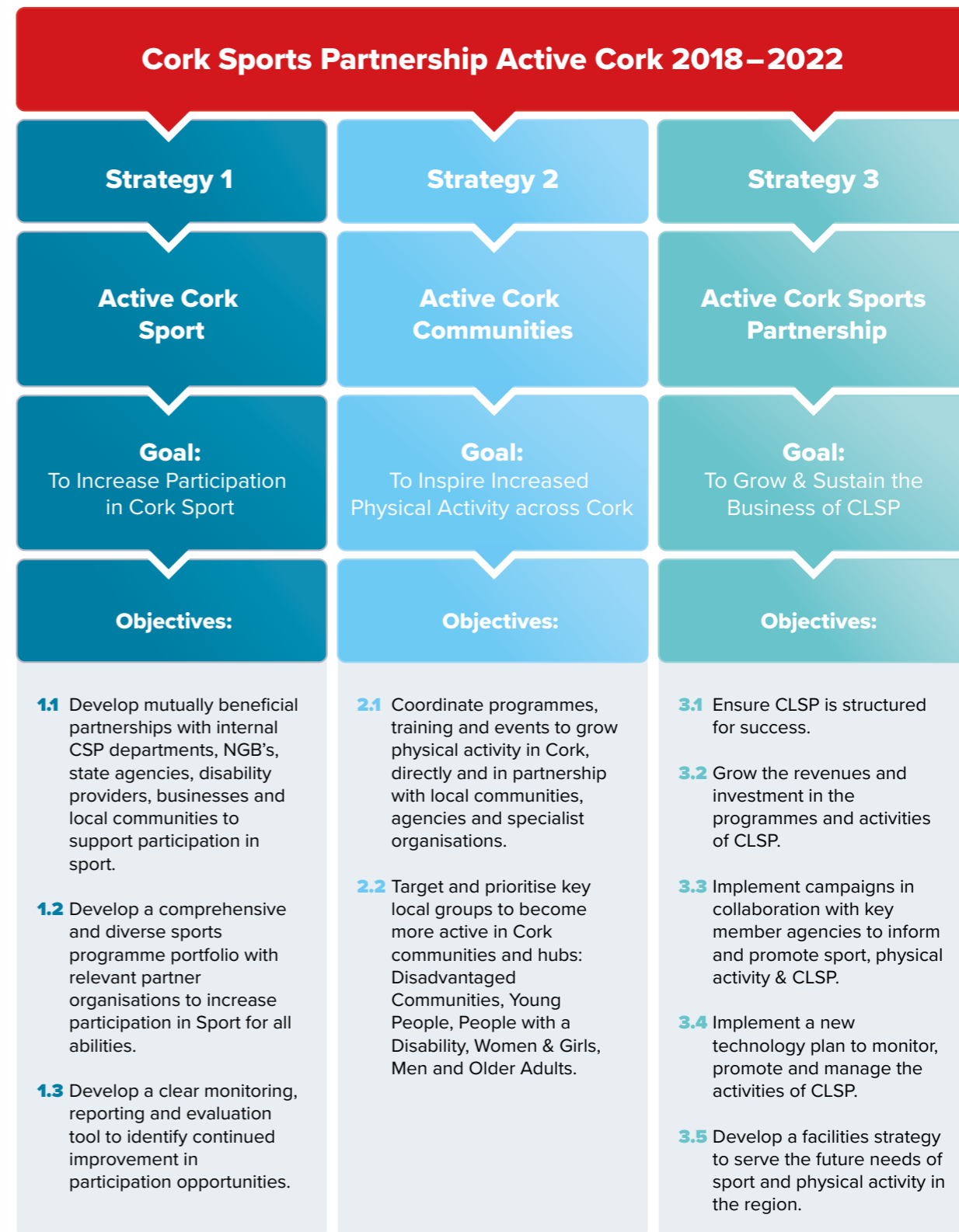
Working in collaboration with our partners, we will actively provide more opportunities for people of all ages and abilities to get involved in sport and physical activity achieved through our three Strategic Priorities:

**Active Cork Sports Partnership** – Grow and Sustain the Business of Cork LSP.

**Active Cork Sport** – Increase Participation in Cork Sport.

**Active Cork Communities** – Inspire more people to be physically active in Cork.

## How We Get There



## Implementation – Delivering the Strategy

The strong collaboration, input and leadership of the member agencies, board members and CLSP staff are critical to the success of the Cork Sports Partnership Active Cork 2018–2022 Strategy. Our dynamic team is now regarded as the key resource to support and develop sport and physical activity in Cork.

We will continue to build strong and effective partnerships with all sports and communities in Cork.

The support, advice, investment and leadership from Sport Ireland underpins and drives our work.

This Plan outlines the key Strategic Goals, Objectives, Actions & Outcomes that will guide the work of the CLSP team over the next 5 years. These will be supported by Annual Operational Plans and ongoing research and evaluation to ensure maximum impacts from the delivery of this strategy.



## Purpose

### The context in which we operate:

CLSP 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 CLSP Strategic Plan 2018-2022 and the ongoing input of our partners.

### The National Sports Policy and Local Sports Partnerships.

On the 25th of 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.

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 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).



# Active Cork Sports Partnership

## Grow & Sustain the Business of CLSP



## Governance Overview

Cork Local Sports Partnership Company Limited by Guarantee, (CLSP) was established as a limited company in December 2009. The company constitution was reviewed and updated in 2022, a process led by Ronan Daly and Jermyn Solicitors and the Governance and Nominations Committee of CLSP.

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

The board of directors is collectively responsible for leading and directing CLSP, supervising the management of the organisation, and reporting on stewardship and performance. The duties of the CLSP Board, as set out in the Board Terms of Reference, include:

- ▶ Setting the strategic direction and reviewing progress.
- ▶ Keeping up to date on strategic issues and changes affecting CLSP.
- ▶ Monitoring organisational performance.
- ▶ Ensuring that legal, regulatory, and governance obligations are adhered to.
- ▶ Monitoring and assessing its performance and that of its committees.

Equally the board of directors of CLSP is responsible for the oversight of the company's financial governance, financial management and internal control. As outlined in its schedule of matters, the Board makes key decisions around financial management. In particular, the Board has responsibility for:

- ▶ Approving the annual budget and operational plan and monitoring of its implementation.
- ▶ Approving of draft accounts of the CLSP, prepared after the end of the financial year and engaging with the external auditor.
- ▶ Determining annually the effectiveness of the CLSP system of internal controls, including financial controls. For example, role and responsibilities, cash and cheque procedures, recording, payments, and direct debits, purchasing, wages, and salaries, etc.
- ▶ Approving of banking arrangements.

- ▶ Approving delegated CLSP levels (including spending thresholds).
- ▶ Determining and approving procedures to monitor, report, and enforce the relevant rules and requirements as set by the different funding sources contributing to the CLSP.

## CLSP Board Committees

The Board of CLSP established four committees to deal with issues such as finance, audit, risk, strategy, etc to assist with efficiently carrying out the functions of the company. In the case of CLSP, the Board established four committees.

### Finance and Audit Committee

The Finance and Audit Committee has an independent role in providing assurance to the Board on financial governance, financial reporting, internal control, and audit and assurance matters as part of a systematic review of the control environment and governance procedures of the Body.

### Risk and Strategy Committee

The Risk and Strategy committee, on behalf of the board, is responsible for all matters relating to strategic planning and implementation, performance monitoring and reporting, and related policies and risk management as well as providing advice to the wider board on areas within its remit.

### Vetting Committee

The Vetting Committee, on behalf of the board is responsible for all matters relating to the safe vetting of employees, contractors and directors of the company as well as providing advice to the wider board on areas within its remit.

### Governance and Nominations Committee

The Board has established a Governance and Nominations Committee as a Committee of the Board to support it in fulfilling its responsibilities in relation to achieving and observing good governance practice, the efficient and effective conduct of Board and committee meetings, ensuring induction and continuing professional development programmes and supports are available as well as overseeing compliance with ethical and conduct obligations of Board and committee members.

CLSP Board Structure 2022



In 2022, the Board of Directors convened for four board meetings scheduled in March, May, October, and December, with the EGM taking place in June. The Governance and Nominations Committee convened in February, March, and November. The Finance and Audit Committee scheduled for February, April, September, and November. The Strategy & Risk Committee meetings were scheduled for February, March, and November.

Board of Director Representatives & Member Organisation

Organisation	Name of Director	Sub Committee
An Garda Síochána	Superintendent Michael Comyns	Governance & Nominations Vetting
Cork Education and Training Board	Mr. Liam Ahern	Governance & Nominations Vetting
Cork City Council	Cllr. Derry Canty <b>(Treasurer)</b> Cllr. Eolan Ryng Cllr. Colm Kelleher Mr. David Joyce	Finance & Audit
Cork County Council	Cllr. Deirdre Kelly Cllr. Declan Hurley Cllr. Kay Dawson Mr. Niall Healy	
Munster Technological University (MTU)	Dr. Cian O'Neill	
University College Cork (UCC)	Mr. Morgan Buckley <b>(Chairperson)</b>	Strategy & Risk Vetting
HSE, Health & Wellbeing Department	Dr. Sheelagh Broderick	Strategy & Risk
Physical Education Association of Ireland	Mr. Michael Carey <b>(Vice Chairperson)</b>	Strategy & Risk
West Cork	Mr. Paudie Palmer	Governance & Nominations Finance & Audit.

CLSP Compliance with the Governance Code for Sport.

In 2018, CLSP started the journey toward compliance with the Governance Code. At this time, the company aligned itself to Company Type B with the Board of CLSP signing and achieving compliance with the code in December 2018. Since then, the company has grown as an organisation and in 2021 the Company started its journey under Company Type C and achieved compliance with the Governance Code as required in December 2021.

The journey included the guidance and direction of the Institute of Public Administration (IPA) as consultants to the eight limited company local sports partnerships in preparation for compliance with the code. As such the IPA in consultation with the Coordinators, Boards and sub board committees prepared a Governance Framework manual which all Limited Company LSP's adopted.

The purpose of this Governance Framework (GF) was firstly, to provide a concise and comprehensive overview of the principal aspects of corporate governance for the board members, the co-ordinator and team of the Local Sports Partnership (LSP), and secondly, to consolidate the existing governance policies and procedures of the LSP's.

In line with the development of the Framework, the board sub committees continue to review and amend existing and required policies and practices for the company.

In 2022, the Finance and Audit Committee focused their review on the financial and HR needs for the Company. The committee continued to address

and review the company operating budget, the quarterly management accounts and supported the preparation and completion of the End of Year Financial Statement.

The Finance and Audit Committee continued to review the HR practices of the company focusing on the Employee Handbook, specifically the Equal Opportunity Statement, the Company Recruitment Policy and the provision of promotion and regrading opportunities within CLSP. This was reviewed and updated with the support of the company HR contractor and the Board of Directors.

The Governance and Nominations Committee continued to review the companies' requirements in terms of the ongoing compliance and reporting with the Governance Code for Sport. As part of compliance, the committee with the support of the company solicitors reviewed the Constitution for the company including the review and updating of the Board Succession Plan for CLSP.

The Strategy and Risk Committee reviewed and agreed the terms of reference for the committee. The committee while established in 2021 formally met in 2022 to agree the tender document for the new company strategy 2023-2028.

The Board of Directors through the function of the Finance and Audit Committee requested a review and report of the company organisational structure. This was developed with the support and guidance of the HR and Accounting contractors and CLSP Management.



## CLSP Management

The Cork Local Sports Partnership Team is managed and structured to ensure the continued success and implementation of the Strategic Plan 2018-2022. The three strategic priorities within the strategy are aligned to a robust and tailored organisational structure to ensure the goals, objectives and outcomes are supported and resourced.

Following a review of the organisational structure in 2018 the Board of CLSP approved new management positions to ensure the company was appropriately structured to support the growing team and operations of the company.

The core to any successful organisation is recognising the fundamental role of each of the members within its team. This is no different with CLSP and in 2022, the core management team, development officers and tutors continued to ensure that CLSP had the necessary expertise and personnel to deliver on its core objectives across Cork City and County.

### CLSP Support Services

As part of the ongoing need for support and guidance for a limited company, CLSP continues to receive expertise for the board, team, and company in the areas of Human Resources, Health & Safety, Legal Support and Financial Management.

### Human Resources

Voltedge Management Limited consultants provide ongoing support on all aspects of HR within each of the limited company LSP's. The main focus of

priority and support were in the development of a new employee handbook, contractor's handbook, review of contracts, recruitment management and HR consultancy as and when required by each of the eight LSP's.

### Health & Safety

Given the continued growth and access to services coordinated by the limited company LSP's. An agreement was secured with Peninsula Health and Safety Consultants to review, update and provide ongoing support to each of the limited company LSP's. Providing the companies with robust expertise and support in the area of health and safety as and when required.

### Legal

As part of the ongoing need for support and guidance for good corporate governance CLSP continues to be supported and directed by Ronan Daly & Jermyn Solicitors.

### Financial

In 2022, the Board of Directors of CLSP agreed to the services for ongoing accountancy and payroll support to Mark O Keefe Chartered Accountants.

### Governance

To support the ongoing management, administration and monitoring of good governance CLSP secured CalQRisk an integrated and end-to-end Governance, Risk & Compliance management information system

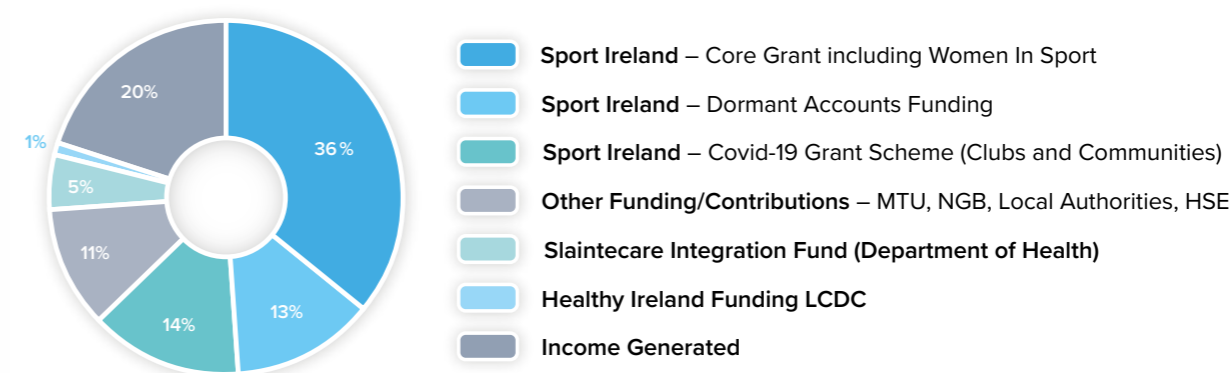
## Financial Summary

Thanks to the hard work of the CLSP Board and team, 2022 was the most impactful year yet. With the engagement and generosity of partners and funders, CLSP were able to secure greater funding and thankfully invest more funds towards participation in sport and physical activity in Cork. Demonstrating a continuous and sustainable growth for the company, CLSP successfully secured and invested the trusted funds at an increase of 12% compared with that of 2021.

### Financial Highlights

INCOME AND EXPENDITURE FOR THE YEAR ENDED 31 DECEMBER 2022		
	2022	2021
Income	€	€
Sport Ireland – Core Grant including Women in Sport	<b>547,776</b>	515,964
Sport Ireland – Dormant Accounts Funding	<b>198,174</b>	246,770
Sport Ireland – Covid-19 Grant scheme (Clubs and Communities)	<b>202,506</b>	133,791
Other Funding/Contributions – from MTU, NGB, Local Authorities, HSE	<b>171,660</b>	186,168
Sláintecare Integration Fund (Department of Health)	<b>76,267</b>	83,783
Healthy Ireland Funding LCDC	<b>12,328</b>	52,271
Income Generated	<b>296,711</b>	130,399
<b>Total Income</b>	<b>1,505,422</b>	1,349,146

### Income 2022:

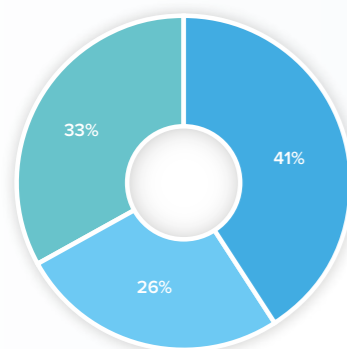




## Financial Highlights

OPERATING EXPENSES AND PROGRAMME INVESTMENT	2022 €	2021 €
Active Cork Sports Partnership – Growing & Sustaining the Business of CLSP	592,801	550,803
Active Cork Sport – Increasing Participation in Cork Sport	387,479	502,538
Active Cork Communities – Inspiring Increased Physical Activity across Cork	476,066	276,084
<b>Total Expenses</b>	<b>1,456,346</b>	1,329,425
Operating Surplus	49,076	19,721

## Operating Expenses and Programme Investment 2022:



- Active Cork Sports Partnership – Core: Growing & Sustaining the Business of CSP
- Active Cork Sport – Increasing Participation in Cork Sport
- Active Cork Communities – Inspiring Increased Physical Activity across Cork

## STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2022

	2022 €	2021 €
Fixed assets		
Tangible assets	156,062	127,928
	156,062	127,928
Current assets		
Debtors: amounts falling due within one year	74,212	87,218
Cash at bank and in hand	988,830	653,974
	1,063,042	741,192
Creditors: amounts falling due within one year	-988,207	-687,299
Net current assets	74,835	53,893
Total assets less current liabilities	230,897	181,821
Net assets	230,897	181,821
Reserves		
Income and expenditure account	230,897	181,821
Members' funds*	230,897	181,821

\*€230,897 includes restricted contingency reserves of €130,000

## FUNDING SOURCES

Grants are accounted under the accruals model. Grants relating to expenditure on tangible fixed assets are credited to the Income and Expenditure Account at the same rate as the depreciation on the assets to which the grant relates. The deferred element of grants is included in creditors as deferred income. Grants of a revenue nature are recognised in the Income and Expenditure Account in the same period as the related expenditure.

GOVERNMENT/DORMANT ACCOUNTS GRANTS 2022	Received during 2022	Brought Forward	Released during 2022	Carried Forward
Sport Ireland (SI) - Core Funding	526,588	24,938	547,776	3,750
SI Community Sports Hub DAF (Programme/Capital)	56,196	61,392	50,629	66,959
SI Physical Activity Health Pilot	60,833	-	-	60,833
SI Youth Leadership DAF (Programme)	15,000	10,908	7,658	18,250
SI Urban Outdoor Adventure Initiatives DAF (Programme/Capital)	21,980	38,690	28,957	31,713
SI Volunteer Training and Supports DAF (Programme/Capital)	23,135	18,875	19,370	22,640
SI Sports Inclusion Disability Projects DAF (Capital)	21,500	39,462	10,933	50,029
SI Active Cities DAF ((Programme/Capital)	165,500	195,546	80,617	280,429
SI Covid-19 Small Grant Scheme (Initiative)	210,800	202,158	202,506	210,452
SI Research Grant	13,500	-	-	13,500
SI Get Girls Active (Dormant Accounts Funding)	5,850	-	-	5,850
SI Department of Health Sláintecare Integration Fund (Project)	175,246	-	76,267	98,979
<b>TOTAL</b>	<b>1,296,128</b>	<b>591,969</b>	<b>1,024,713</b>	<b>863,384</b>

## Other Funding/Contributions

AWARDING BODY	Received during 2022	Brought Forward	Released during 2022	Carried Forward
Get Ireland Walking	20,000	9,337	19,337	10,000
Health Service Executive	15,750	30,330	38,205	7,875
Athletics Ireland	10,000	2,375	9,875	2,500
Munster Technological University	21,673		21,673	
Local Authorities - Bike Week	75,118		75,118	
<b>TOTAL</b>	<b>142,541</b>	<b>42,042</b>	<b>164,208</b>	<b>20,375</b>



**KRISTINE MEENAGHAN**  
COORDINATOR



**MAURICE O'SULLIVAN**  
SPORT & MARKETING  
MANAGER



**EGLE ZIURNIENE**  
FINANCE &  
GOVERNANCE MANAGER



**CLAIRE HURLEY**  
PROGRAMMES  
MANAGER



**JAMES KIRBY**  
SPORTS DEVELOPMENT  
OFFICER



**ALISON CHAMBERS**  
WALKING PROMOTION  
OFFICER



**EOIN KAAR**  
PROJECT LEAD  
WELLCOMM ACTIVE



**CRAIG HARRINGTON**  
ATHLETICS  
DEVELOPMENT OFFICER  
(CORK & MTU CORK)



**CLIONA HORAN**  
SPORTS INCLUSION  
DISABILITY OFFICER



**LOUISE BURKE**  
SPORT  
ADMINISTRATOR



**ANNA GOLKA**  
FINANCIAL  
ADMINISTRATOR



**TIM BURKE**  
COMMUNITY SPORT  
DEVELOPMENT OFFICER

NOTE: Ms Claire Hurley left the CLSP team in December 2022. We wish her well in her future career and thank her for outstanding contribution to the company and team during her employment with CLSP.



## CLSP Team 2022 Marketing & Communications

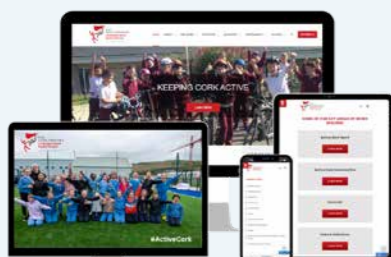
All Active Cork strategy goals are supported by clear and consistent messaging across prioritised marketing and communication tools.

To ensure that all target groups are aware of and can access participation opportunities through CLSP and the wider network of sport and physical activity providers in Cork, CLSP set out to deliver these targeted messages across a range of online and offline communication methods and platforms in 2022. These included.

- ▶ CLSP Website
- ▶ Social Media
- ▶ Email Newsletters
- ▶ Press Releases
- ▶ Video Campaigns
- ▶ Radio
- ▶ Local and National Campaigns

### Highlights for 2022:

#### Website:



CLSP website [www.corksports.ie](http://www.corksports.ie) pages were viewed 221,181 times during 2022 with 76,815 unique users. This represented a decrease of 49% in page views during 2022 falling from 436,140 pages views in 2021. The number of unique visitors fell by 1% during 2022 reducing from 77,599 users to 76,815 during the same period in 2022.

Website	2022	2021	% + / -
Page Views	221,181	436,140	49% -
Unique Visitors	76,815	77,599	1% -

#### Social Media:

Social Media is a valuable tool in communicating participation opportunities and the benefits of being active to all CLSP target groups and demographics. CLSP's communication strategy places a clear emphasis on utilising the power of social media to highlight the work of the organisation and that of partner organisations that support people to be active.

Followers, Reach and Engagement cumulatively increased across all platforms in 2022 after a deliberate effort to offer additional value and content for all target groups across CLSP platforms.

#### Social Media Following:

In 2022, CLSP's Facebook followers increased from 11,270 to 11,960 representing an increase of 6% in the year. CLSP's Twitter following increased from 3,299 followers to 3,629 in 2022, an increase of 10% on 2021. Instagram followers increased by 26% in 2022 moving from 3,206 to 4,035.

Platform	2022	2021	% + / -
Facebook Followers	11,960	11,270	6% +
Twitter Followers	3,629	3,299	10% +
Instagram Followers	4,035	3,206	26% +

#### Social Media Content:

Content published across CLSP's primary social media channels increased by 7% in 2022, rising from 2,147 to 2,291 cumulative posts published. Content published on Facebook increased from 598 to 672, an increase of 12% on the previous year. Twitter content increased 3% for the year, breaking 1,000 posts in a year on any CLSP social media platform for the first time. Instagram post content increased from 575 to 615 posts, representing an increase of 7% on 2021.

Platform	2022	2021	% + / -
Facebook	672	598	12% +
Twitter	1004	974	3% +
Instagram	615	575	7% +

#### Social Media Reach:

Content published by CLSP had a total reach of 3,713,726 across all channels during 2022. This increased from 3,540,758 in 2021 resulting in an increase of 5% on 2021. Facebook content had a reach of 1,970,810 in 2022, up from 1,476,107 which is an increase of 34%. Twitter content reach decreased by 20%, reducing from 1,812,500 to 1,444,186 in 2022. Instagram content reach increased from 252,151 to 298,730 accounts reached in 2022, representing an increase of 18% for the year

Platform	2022	2021	% + / -
Facebook	1,970,810	1,476,107	34% +
Twitter	1,444,186	1,812,500	20% -
Instagram	298,730	252,151	18% +

#### Social Media Engagement:

Engagement with CLSP social media content increased across all channels in 2022. In 2021, people engaged with content 69,177 times, while in 2022 people engaged with CLSP content 90,638 times. This represented an overall increase of 24% on content engagement from the previous year.

From a Facebook perspective, engagement with content increased from 48,339 to 60,107 representing an increase of 24%. Despite Twitter reach decreasing in 2022, engagement with content increased by 60% from 10,938 to 17,533 engagements.

Instagram content engagement increase by 31% in 2022, moving from 9,900 to 12,998 engagements.

Platform	2022	2021	% + / -
Facebook	60,107	48,339	24% +
Twitter	17,533	10,938	60% +
Instagram	12,998	9,900	31% +

#### IG Stories:

CLSP posted 1,552 Stories on Instagram during the year, increasing 35% on 2021 Stories. Stories Reach increased by 162,839 in 2022 to 377,836, an increase of 76% for the year. Engagement with Stories published also increased with 2,721 content engagements across the year compared to 648 in 2021 resulting in a 320% increase on engagement.

## Marketing & Communications

Platform	2022	2021	% + / -
Total IG Stories	1,552	1,150	35% +
Total Stories Reach	377,836	214,997	76% +
Total Stories Engagement	2,721	648	320% +

### Newsletter:

Email marketing is a powerful communication tool for engaging with key target groups and audiences across all CLSP work areas.

The cornerstone of CLSP's email marketing approach is regular segmented campaigns with more frequent distribution of content to those who want it.

Audiences are divided into groups based on their areas of interest, such as community sport, schools, education, physical activity, disabilities, and events. This ensures that information is distributed and published throughout the year allowing for a more targeted approach where required to ensure the right audience is reached.

### 2021 vs 2022 Comparison:

CLSP published 14 email campaigns in 2022 representing a decrease of 30% in campaigns sent.

Despite the reduction in campaign quantity, total deliveries, total opens, and total clicks all increased in 2022. Emails delivered increased by 27% in 2022 with a total of 61,906 delivered as part of targeted Mailchimp campaigns, up from 48,723 deliveries in 2021.

From an engagement perspective, 2022 saw an increase in emails opened by recipients rising from 43,377 to 51,094, an increase of 18% across the year. Total campaign clicks also increased in 2022, rising from 6,728 clicks in 2021 to 12,639 in 2022, an increase of 88% on total campaign clicks compared to 2021

Email Campaigns	2022	2021	% + / -
Total Campaigns	14	20	30% -
Total Deliveries	61,906	48,723	27% +
Total Opens	51,094	43,377	18% +
Total Clicks	12,639	6,728	88% +

### Press Releases

Press Releases issued in 2022 increased by 22% with 45 official press releases during the year. Coverage was received across regional and local newspapers including Irish Examiner, Cork Evening Echo, The Southern Star, The Avondhu, The Vale Star, Cork Independent as well as digital publications in Cork such as Red FM, Cork BEO, Cork Safety Alerts, Cork Running Blog and Echo Live.

In addition, CLSP published 137 blog posts and news articles on the CLSP website relating to CLSP projects and programmes during 2022, an increase of 57% on blog posts in 2021 when 87 posts were published.

Public Relations Issued	2022	2021	% + / -
PRs issued	45	37	22% +
CLSP Website Articles	137	87	57% +

### Video Content:

Video content continued to play a key role in CLSP marketing and communications in 2022. Video content was cross posted across all identified CLSP communication platforms throughout 2022. A total of 95 videos were published on Facebook during the year, resulting in 18,879 minutes of content viewed throughout the year.

A total of 29 videos were published on YouTube and were viewed a total of 12,240 minutes throughout the year, while 33 videos were also published on Instagram.

CLSP undertook a number of video marketing campaigns during 2022 including.

### Active Community Awards:

The awards aim to honour, recognise, and celebrate the individuals and groups in our local communities that go above and beyond in their efforts to promote community sport and physical activity opportunities, while equally promoting positive health and wellbeing for all. The videos were viewed 11,136 since being published in November 2022.

- ▶ 12 x Campaign Finalist Videos (9,147 views)
- ▶ 1 x Live Awards Event (1,989 views)

### Cork SportsAbility Video Campaign:

The Cork SportsAbility Video Campaign sought to raise the profile of disability inclusion in sport and physical activity in Cork City and County by increasing awareness of existing opportunities, as well as creating additional opportunities for people of all ages and abilities with a disability to get involved.

- ▶ SportsAbility Video Campaign (5 videos viewed 3,113 times)

### Radio:

Members of the CLSP team took part in 5 radio interviews during 2022 to promote different projects including Women in Sport Programming, Rebel Run, Cork Bike Week and Cork Athletics Week.

Platform	2022	2021	% + / -
Total Radio Interviews	5	5	0%

### National Campaigns Supported:

CLSP supported 10 national and local campaigns as part of targeted campaigns designed to provide opportunities for people to engage in physical activity and promote being active for identified cohorts and target groups.

In addition to the roll out of content across all CLSP channels, CLSP also supported these campaigns with taster events and engagement opportunities throughout the year.

### 2022 Campaigns Supported

- ▶ European Week of Sport
- ▶ Her Outdoors Week
- ▶ National Bike Week
- ▶ National Walking Week
- ▶ Women in Sport Week
- ▶ Men's Health Week
- ▶ Cork Youth Marathon Challenge
- ▶ Cork Walking Week
- ▶ Cork Athletics Week
- ▶ Active Schools Week
- ▶ National Active Cities Launch

# €863,545

## Active Cork Sport

## Active Cork Communities

### PARTICIPATION 2022:

# 37,343

people engaged through Active Sport projects including **30,093** active participants.

- > **87** different projects coordinated with **721** engagement opportunities, this included **600** participation opportunities across **62** different programmes and events.



### PARTICIPATION 2022:

# 6,371

people engaged through Active Communities projects including **5,946** active participants.

- > **52** different projects coordinated with **337** engagement opportunities across programmes, courses, and events. This included **302** active participation opportunities across **37** programmes and events.



### CLUB & COMMUNITY

# 1,687

active participants in club and community-based programmes.

- > **21** NGB sports.
- > **26** different projects coordinated.
- > **106** programme opportunities delivered.

### SCHOOL SPORT

# 5,917

active participants in school-based opportunities.

- > **180+** schools engaged with CLSP.
- > **9** school-based projects coordinated.
- > **115** programme opportunities delivered.

### DISABILITY INCLUSION

# 822

people with a disability took part in community sports programmes during 2022 including **733** on disability specific sports opportunities.

- > **8** disability-specific projects coordinated including club development projects.
- > **20** programme opportunities delivered.

### WELLCOMM ACTIVE

# 1,118

active participants

- > **5** projects.
- > **136** programme opportunities delivered



### PHYSICAL ACTIVITY PROGRAMMES

# 784

active participants

- > **12** physical activity projects
- > **48** physical activity programme opportunities delivered.

### TRAINING & EDUCATION

# 425

attendees

- > **35** workshops & programmes delivered across 15 topics



### TRAINING & EDUCATION

# 7,250

people attended education workshops.

- > **121** workshops delivered across 25 topics

### MASS PARTICIPATION EVENTS

# 21,756

people took part in CLSP supported mass participation events in 2022.

- > **359** events coordinated across 19 different projects.



### COMMUNITY CAMPAIGNS & EVENTS

# 3,647

active participants

- > **12** campaign areas
- > **64** events delivered

### TARGETED COMMUNITY PROJECTS

# 397

active participants

- > **8** Projects



## 4 Community Sport & Physical Activity Hubs



# Active Cork Sport

## Strategic Goal Overview

# To Increase Participation In Cork Sport

### Increasing participation in sport is the overall aim and strategic priority of Active Cork Sport.

CLSP works to support, develop & promote participation in sport through collaborative partnerships with Sport Ireland recognised National Governing Bodies (NGB's) of sport to identify areas at local level to target increasing participation.

This is achieved by delivering on identified strategic objectives and actions across key pillars and target groups of CLSP's work.

#### Active Cork Sport Strategic Objectives

1.1 Develop mutually beneficial partnerships with internal CLSP departments, NGB's, state agencies, disability providers, businesses, local communities, and other organisations to support participation in sport.

1.2 Develop a comprehensive and diverse sports programme portfolio with relevant partner organisations to increase participation in sport for all abilities.

1.3 Develop a clear monitoring, reporting and evaluation tools to identify continued improvement in participation opportunities.

#### Key Active Sport Actions

- ▶ Work with key partners and organisations to identify participation needs of key target groups.
- ▶ Enable capacity building among partner organisations to improve participation structures and opportunities in sport.
- ▶ Advocate on behalf of people with a disability and marginalised groups for improved participation opportunities in sport.
- ▶ Work with key partners and organisations to coordinate evidence based, best practice sport programmes, events, workshops & initiatives.
- ▶ Develop appropriate education support structures for clubs, coaches and volunteers involved in delivering participation programmes in conjunction with CLSP & partner organisations.
- ▶ Support partner organisations to provide sustainable opportunities for people of all ages and abilities to participate.
- ▶ Work with key partners and organisations to monitor, report and evaluate the sports programme portfolio to ensure continued improvement and innovation across each sport.

## Key Active Cork Sport Pillars

The Active Cork Sport objectives and actions are delivered through the following pillars.

- ➔ **Community Sport**
- ➔ **School Sport**
- ➔ **Disability Inclusion**
- ➔ **Training & Education**
- ➔ **Mass Participation Events**

## 2022 In Focus

### Objective 1.1

Develop mutually beneficial partnerships with internal CLSP departments, NGB's, state agencies, disability providers, businesses, local communities, and other organisations to support participation in sport.

## Partnerships & Collaboration

The Active Cork Sport goal places a strong emphasis on collaboration with identified partner organisations, which is essential for the efficient coordination and execution of planned initiatives for all ages and abilities.

National Governing Bodies of Sport (NGBs), Local Authorities, County Boards, County Associations, Clubs, Groups, State Agencies, Disability Services, Youth Services, Businesses, Local Communities, Schools, and other identified organisations supporting increased participation in sport are included in the scope of these partnerships. These partners significantly contribute to the successful coordination and delivery of Active Cork Sport projects.

In consultation with each partner and in accordance with the stated need of each individual sport, agreed-upon projects and actions are mapped and delivered across specific CLSP pillars, target audiences and geographical locations.

During 2022, the CLSP team worked with national and local partners across 32 different National Governing Bodies of Sport which resulted in over 721 engagement opportunities across 87 different projects. This included 600 active participation opportunities in 62 projects.

In addition, CLSP coordinated 121 upskilling opportunities across 25 education projects in conjunction with key partner organisations to support volunteers, coaches, administrators, teachers, and parents delivering sport and physical activity opportunities in their respective communities.

## Active Sport NGB Sport Engagements & Collaborations 2022

NGB Sport	Engaged With	Club & Community	Schools Programmes	Education Workshops	Disability Inclusion	Taster Events	Promotion
Angling	✓	✓				✓	✓
Athletics	✓	✓	✓	✓	✓	✓	✓
Badminton	✓			✓		✓	✓
Basketball	✓			✓			
Boxing	✓	✓				✓	✓
Canoeing/Kayaking	✓					✓	✓
Cricket	✓	✓	✓	✓		✓	✓
Cycling	✓	✓	✓		✓	✓	✓
GAA	✓	✓		✓	✓		✓
GAA (Handball)	✓			✓		✓	✓
Hockey	✓				✓	✓	✓
IWA Sport	✓	✓		✓	✓	✓	✓
Ladies Gaelic Football	✓	✓		✓			✓
Martial Arts	✓	✓				✓	✓
Mountaineering/Hillwalking	✓	✓	✓			✓	✓
Orienteering	✓	✓		✓		✓	✓
Road Bowling	✓			✓		✓	✓
Rounders	✓						✓
Rowing	✓	✓	✓			✓	✓
Rugby	✓	✓		✓		✓	✓
Sailing	✓				✓	✓	✓
Soccer/FAI	✓	✓	✓	✓	✓	✓	✓
Surfing	✓				✓	✓	✓
Swimming	✓	✓			✓	✓	✓
Table Tennis	✓	✓	✓	✓	✓	✓	✓
Tennis	✓	✓			✓	✓	✓
Triathlon	✓	✓			✓	✓	✓
Tug of War	✓			✓			✓
Underwater Hockey	✓	✓				✓	✓
Volleyball	✓	✓		✓		✓	✓
Vision Sport Ireland	✓				✓	✓	✓
Walking	✓	✓		✓	✓	✓	✓



## Objective 1.2

Develop a comprehensive and diverse sports programme portfolio with relevant partner organisations to increase participation in sport for all abilities.

### Active Cork Sport Project Portfolio 2022

Central to the successful implementation of the Active Cork Sport Goal, is a comprehensive and diverse range of meaningful participation opportunities in a variety of settings for people of all ages and abilities.

Following a full return to activity in Q2 2022, CLSP in conjunction with key partners made significant strides to return to pre-pandemic levels of programming and participation opportunities.

#### Active Cork Sport Summary 2022:

- ▶ 32 NGB sports engaged to promote, develop, and support participation opportunities.
- ▶ 87 different projects coordinated with 721 engagement opportunities across programmes, events, and workshops. This included 600 active participation opportunities across 62 programmes and events.
- ▶ 37,343 engaged through Active Sport projects including 30,093 active participants.
- ▶ 7,250 people attended education programmes, workshops, and webinars.
- ▶ 822 people with a disability took part in Active Sport projects in 2022 including 733 directly in disability specific projects.

These participation opportunities were organised and delivered across 5 priority pillars.

1. Club & Community Sport
2. School Sport
3. Disability Inclusion
4. Training & Education
5. Mass Participation Events





## ➔ Pillar 1 Club & Community Sport

Sustainable participation and engagement opportunities for people of all ages and abilities is central to the success of the Club and Community Sport pillar of the Active Cork Sport goal.

In 2022, this was achieved by working in collaboration with identified partners to develop, coordinate and build the capacity of clubs and community organisations to provide opportunities for identified target groups in their communities to be active.

- ▶ 21 NGB sports supported.
- ▶ 26 different projects coordinated.
- ▶ 106 programme opportunities delivered.
- ▶ 1,687 active participants in club and community-based programmes.

### Key Club & Community Sport Highlights:

- ▶ **Soccer** - 130 women took part in 10 Social Soccer programmes in conjunction with Football Association of Ireland.
- ▶ **Athletics** - 240 adults took part in an 8-week Couch to 5k programme in 10 locations.
- ▶ **Tennis** - 90 adults took part in 9 beginner Try Tennis programmes in conjunction with Tennis Ireland, Munster Tennis, local clubs, and community facilities.
- ▶ **Volleyball** - 40 adults and 40 youths took part in a Ukrainian Volleyball Engagement project in 4 locations across Cork in conjunction with Volleyball Ireland, Cork City Council and Cork Education and Training Board.
- ▶ **Swimming** - 362 adults took part in 31 Open Water Swimming programmes in conjunction with Swim Ireland.



## Case Study: Community Sport

**Title:** Ukrainian Volleyball Project

**Aim:** To work with identified partner organisations to provide Ukrainian Refugees living in temporary accommodation with opportunities to access physical activity in a fun and supportive environment.

### 🎯 OBJECTIVES

- ▶ To coordinate a community-based volleyball programme for Ukrainian Refugees.
- ▶ To provide a quality instructor led engagement programme to support adults and youths living in temporary accommodation with being active.
- ▶ To promote volleyball as a form of physical activity.
- ▶ To use sport as an engagement tool with those living in temporary accommodation.
- ▶ To provide additional participation and integration opportunities through volleyball and other physical activity for Ukrainians in identified communities across Cork.

### 🛠️ IMPLEMENTATION STEPS

- ▶ **ENGAGE** – Following an ad-hoc needs analysis, volleyball was selected as one of the activities that Ukrainian refugees living in identified temporary accommodation sites across Cork City and County were interested in playing. CLSP engaged with Volleyball Ireland, Cork City Council, Cork Education and Training Board and YMCA to discuss and agree a possible project for identified sites across Cork.
- ▶ **PLAN** – Following initial discussion, a comprehensive plan for a suitable volleyball project was developed including timelines, funding, locations, capacity, equipment, programme duration, delivery method & possible future participation pathways.
- ▶ **DELIVER** – The programme was delivered during Q3 and Q4 across sites with a culmination event organised to bring all sites together.
- ▶ **REVIEW** – Feedback was gathered from tutor, participants, and partners in addition to a debrief meeting between programme partners to review what worked well, what needed improving, review feedback received and to discuss any future steps.
- ▶ **REENGAGE** – CLSP has reengaged with partners to plan for a similar programme in 2023 and to increase capacity of existing locations to self-deliver activities and reengage

### 🏠 OUTPUTS

- ▶ **80 PARTICIPANTS** – 40 adults and 40 youths took part in the 4-week engagement programme.
- ▶ **5 PARTNERS** - The project was developed and coordinated by CLSP, Volleyball Ireland, Cork City Council, Cork Education and Training Board and YMCA.
- ▶ **4 LOCATIONS** – The programme took place in 4 locations across Cork including Millstreet, Youghal, Blackpool and Blackrock.
- ▶ **4 RESOURCE PACKS** – Each site involved the programme received an equipment pack and training resources to continue playing volleyball outside of the programme.
- ▶ **1 SOCIAL EVENT** - An end of programme culmination blitz was organised in Turners Cross for participants

### 👥 OUTCOMES

- ▶ Increased opportunity for physical activity for refugees living in temporary accommodation.
- ▶ Increased engagement and collaboration between programme partners.
- ▶ Additional participation pathways and opportunities developed through social volleyball.
- ▶ Improved engagement between partner organisations and programme participants.

### 💬 FEEDBACK

*“The project has been a real success story. From the first day the groups have just wanted to play a game they love making my job of facilitating a real pleasure. The blitz and skill session today were a great way to bring the groups together and also to start planning the next steps”.*

– Programme Facilitator

## → Pillar 2 School Sport

Building the capacity of schools to provide additional opportunities for children to engage with physical activity is a key area of concentration for CLSP.

In 2022, this was achieved through a variety of measures, including engagement initiatives, club school link projects, hub and spoke projects, teacher upskilling workshops, and participation events in collaboration with partner organisations.

- ▶ 7 NGB sports supported.
- ▶ 9 school-based projects coordinated.
- ▶ 115 programme opportunities delivered.
- ▶ 5,917 active participants in school-based opportunities.
- ▶ Over 180 Cork schools engaged with CLSP.

### Key School Sport Highlights:

- ▶ **Soccer** – 464 primary school children from 8 schools took part in the Northside Schools Futsal Programme in conjunction with Football Association of Ireland.
- ▶ **Cycling** – 1,556 children from 50 Cork primary schools took part in the 8-session Cycle Right programme subsidised by Cork City Council and Cork County Council.
- ▶ **Table Tennis** – 162 children took part in a 6-week Table Tennis Club School Link programme with Munster Table Tennis through the Active Cities project with schools receiving tables & access to training to continue the activity beyond the initial engagement.
- ▶ **Cricket** – 964 children from 10 primary schools took part in a 4-week Cricket Schools Engagement Programme with Munster Cricket and Cricket Ireland receiving resources packs and equipment to sustain the activity.
- ▶ **Athletics** – 1,375 children from 34 Cork primary schools took part in a 4-week Introduction to Athletics which culminated in an end of programme blitz and resource pack for the schools involved.



## Case Study: School Sport

**Title:** Primary School Athletics Programme

**Aim:** To introduce primary school children to the sport of Athletics in a school setting through a fun and interactive tutor led and teacher supported programme.

### 🎯 OBJECTIVES

- ▶ To coordinate a 4-week introductory athletics programme for Cork primary schools.
- ▶ To provide an opportunity for Cork schools to try a fun new sport in a supportive environment.
- ▶ To provide quality tutor-led fundamental movement sessions through athletics.
- ▶ To provide additional opportunities for continued participation in athletics beyond the programme.
- ▶ To build capacity of schools and teachers to deliver athletics as part of their physical activity offering.
- ▶ To create and promote participation opportunities in athletics for children

### 🚀 IMPLEMENTATION STEPS

- ▶ **ENGAGE** – Identify and engage with clubs, tutors, and schools to develop a schools-based programme of athletics.
- ▶ **PLAN** – Plan & agree suitable programme including timelines, capacity, essential equipment, duration, and delivery method.
- ▶ **PROMOTE** – Develop a marketing campaign to recruit schools to take part in the programme including targeted social media campaigns, leaflet drops, email & word of mouth through partner networks.
- ▶ **DELIVER** – Arrange delivery of 4-week engagement programme in 34 primary schools across Cork. Provide equipment and resources to school to support continued participation beyond the engagement programme.
- ▶ **REVIEW** – Review pilot with partners, tutors, and schools.
- ▶ **REENGAGE** – Reengage with participants & partners on possible next steps & pathways for continued participation & expansion of the programme

### 📊 OUTPUTS

- ▶ **1,375 PARTICIPANTS** – 1,375 primary school children took part in the school's athletics engagement programme in 2022.
- ▶ **3 PARTNERS** – The programme was coordinated by CLSP, Athletics Ireland and Munster Technological University.
- ▶ **4 WEEK PROGRAMME** – The programme was designed to progressively introduce participants to the fundamental of Athletics (run, jump, throw) over 4 weeks.
- ▶ **34 SCHOOLS** – 34 Cork primary schools across Cork city and county took part in the programme during 2022.
- ▶ **34 PACKS** – Each school involved the programme received an equipment pack and training resources to continue athletics outside of the programme. This included hurdles, shots, javelins, discus, and batons.
- ▶ **6 REGIONAL BLITZES** – The programme was split into 6 regions for 2022. North Cork, East Cork, West Cork, Cork City South, Cork City North, and Special Schools.

### 👥 OUTCOMES

- ▶ Increased awareness of athletics in Cork schools.
- ▶ Increased opportunity for children to get active in schools.
- ▶ New sports introduced to 34 primary schools across Cork.
- ▶ Stronger Working relationships between partners.
- ▶ Increased capacity of teachers to support athletics in Cork schools.
- ▶ Increased access to training opportunities for teachers.
- ▶ Improved pathways for continued participation in juvenile athletics clubs.
- ▶ Improved visibility of athletics in wider community.

### 💬 FEEDBACK

*“Just wanted to send an email to day thanks so much for the blitz last week. My class absolutely loved the day out and they were absolutely exhausted when we got back! It was super organised, and they got such a mix of activities.”*

*“On behalf of the teacher and pupils, I would like to congratulate and thank you and the team involved in organising today's interschools athletics blitz. It was very well organised. The children enjoyed themselves immensely and loved every one of the activities. They will definitely sleep well tonight!”*

## ➔ Pillar 3 Disability Inclusion

Supporting people with disabilities to access regular community sport and physical activity opportunities is priority across all CLSP strategic goals and work areas.

In 2022, Community-based opportunities were created and delivered in conjunction with national and community organisations throughout Cork through engagement programmes, inclusive club/group development projects, promotional campaigns, and taster events.

- ▶ 15 NGB sports engaged on disability inclusion opportunities.
- ▶ 8 disability-specific projects coordinated including club development projects.
- ▶ 20 programme opportunities delivered.
- ▶ 822 people with a disability took part in community sports programmes during 2022 including 733 on disability specific sports opportunities.

### Key Disability Inclusion Highlights:

- ▶ **Athletics** – 504 adults accessing disability services took part in the Rebel Run a Mile Challenge.
- ▶ **Hockey** – 15 children with intellectual disabilities took part in a pilot 5-week Hockey for All programme in conjunction with Hockey Ireland.
- ▶ **Cycling** – 30 participants took part in a 6-week Inclusive Learn to Cycle programme.
- ▶ **Swimming** – 24 participants took part in a 6-week Learn to Swim programme in conjunction with Leisureworld Cork.
- ▶ **Triathlon** – 22 children with disabilities and their siblings took part in an inclusive splash and dash in conjunction with Triathlon Ireland, Fermoy Leisure Centre, and Cork County Council.



## Case Study: Disability Inclusion

**Title:** Inclusive Splash and Dash

**Aim:** To provide opportunities for children with a disability to take part in a swim and run triathlon event at a pace and distance that was inclusive, fun, and supportive to all.

### 🎯 OBJECTIVES

- ▶ To plan, coordinate & deliver an inclusive splash and dash event for children with disabilities and their siblings.
- ▶ To highlight existing accessible local amenities for people with disabilities.
- ▶ To increase awareness of triathlon event opportunities for people of all ages and abilities with a disability to get involved.
- ▶ To build on existing relationships with Triathlon Ireland and Fermoy Leisure Centre to provide access to community facilities for people with disabilities.
- ▶ To reestablish an inclusive splash and dash for children with disabilities post pandemic.

### 🚶 IMPLEMENTATION STEPS

- ▶ **ENGAGE:** Engage with partners to plan an inclusive triathlon event for people with disabilities in Cork.
- ▶ **PLAN:** Plan & agree event location, timelines, capacity, & other required supports.
- ▶ **PROMOTE:** Develop a marketing campaign to maximize awareness of the event among target groups.
- ▶ **DELIVER:** Deliver inclusive splash and dash event in North Cork for children with disabilities. The event was the start of the inaugural Cork SportsAbility month.
- ▶ **REVIEW:** Review & evaluate the programme with partners and gather feedback from participants.
- ▶ **REENGAGE:** Reengage with partners regarding additional participation pathways & next steps.

### 📊 OUTPUTS

- ▶ **22 PARTICIPANTS:** The event catered for 22 children with disabilities and their siblings.
- ▶ **4 PARTNERS:** The splash and dash was developed and delivered by Triathlon Ireland, Cork Sports Partnership, Fermoy Leisure Centre, and Cork County Council.
- ▶ **1 EVENT:** 1 inclusive event delivered encompassing 2 of the 3 triathlon disciplines (swimming and running).

### 👥 OUTCOMES

- ▶ Increased opportunity for people with disabilities to experience swimming and running in an inclusive, and safe environment.
- ▶ Stronger working relationships between CLSP & partners.
- ▶ Improved independence & confidence for programme participants.
- ▶ Comprehensive marketing campaign and stockpile videos of disability sport and inclusive programmes to promote participation in inclusive community sport.
- ▶ Additional pathways and opportunities being explored by partners to scale opportunities for participation in 2023.

### 💬 FEEDBACK

*"Fabulous morning thanks so much everyone, girls had a wonderful time."*

*"A fantastic event! Well done to all the children who took part. So proud of them. Thanks also to the coaches and organisers for making it such an enjoyable and inclusive event."*

*"Providing opportunities for people with disabilities at all levels is of the utmost importance to Triathlon Ireland. A fantastic morning was had all round and we hope this is the start of more inclusive triathlon events to come."*

– Parent & Partner Feedback

## ➔ Pillar 4 Training & Education

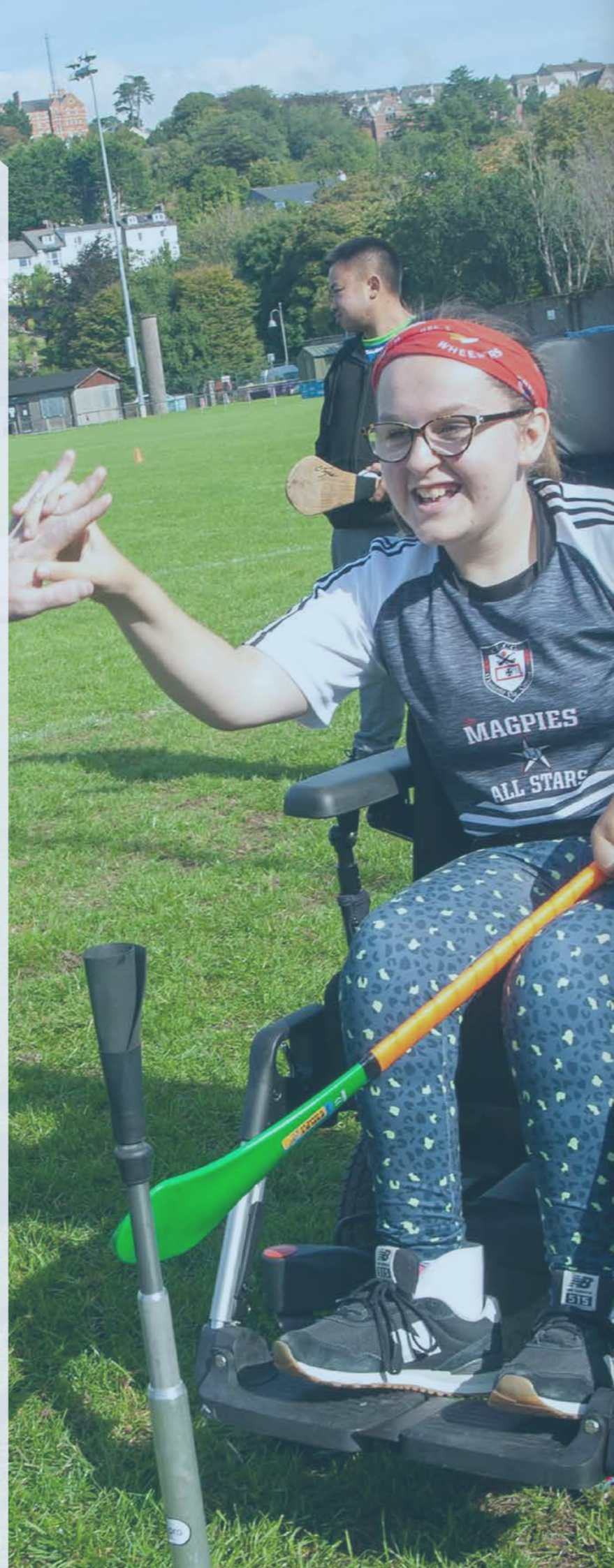
Supporting those involved in providing sport and physical activity opportunities in the community with upskilling and education opportunities is key to the sustainable delivery of sport and physical activity at local level.

In 2022, CLSP, in conjunction with key education partners, offered a comprehensive suite of education and upskilling opportunities for volunteers, coaches, teachers, disability and youth service staff, activity leaders and administrators to support the delivery of sport and physical activity in Cork.

- ▶ 7,250 people accessed training opportunities with CLSP in 2022
- ▶ 121 workshops delivered
- ▶ 25 workshop topics
- ▶ 19 education partners including 16 NGB sports.

### Key Education Highlights:

- ▶ **Safeguarding** – 1,636 people attended 84 Safeguarding workshops in 2022.
- ▶ **Sports First Aid** – 156 people attended 13 Sports First Aid workshops with CSP and ER Training in 2022.
- ▶ **Volunteer Supports** – 122 people registered for the 6-part Volunteer Support Workshop series in conjunction with Cork Volunteer Centre.
- ▶ **Youth Leadership** – 112 youths completed Youth Leadership programmes in 2022 across athletics, soccer, and rugby.
- ▶ **Mental Health** – 59 adults completed the Jigsaw One Good Coach workshop supported by CLSP.



## Case Study: Education

**Title:** Safeguarding Workshops

**Aim:** To upskill people involved in the coordination and delivery of children's sport with best practice guidance for the protection of children in sport consistent with child welfare and protection guidance and legislation.

### 🎯 OBJECTIVES

- ▶ To coordinate safeguarding workshops for clubs, groups, and community organisations throughout Cork.
- ▶ To provide children's sport leaders and organisers with up-to-date best practice information and advice for children's sport.

### 🛠️ IMPLEMENTATION STEPS

- ▶ **ENGAGE** – Engage with CLSP safeguarding tutors and internal CLSP team to agree schedule of public safeguarding workshops for 2022. In addition, liaise with NGB's, clubs, groups, and community organisations regarding requests for additional private safeguarding workshops.
- ▶ **PLAN** – Plan & agree suitable workshop plan and schedule including dates, times, capacity, speakers & delivery platform.
- ▶ **PROMOTE** – Create a promotional campaign to create awareness of safeguarding dates amongst the general public, clubs, groups, and organisations throughout Cork. This included targeted word of mouth, website articles, email campaigns & social media campaigns.
- ▶ **DELIVER** – Deliver scheduled workshops as agreed throughout 2022.
- ▶ **REVIEW** – Gather feedback from workshop attendees and tutors regarding workshops delivered.
- ▶ **REENGAGE** – Reengage with CLSP safeguarding tutors and internal CLSP team to agree schedule of public workshops for 2023.

### 📊 OUTPUTS

- ▶ **84 WORKSHOPS** – a total of 84 Safeguarding (SG) workshops were delivered by CLSP in 2022. This included 69 SG 1, 8 SG 2 and 7 SG 3 workshops.
- ▶ **1,636 ATTENDEES** – A total of 1,636 people attended workshops with CLSP in 2022. This included 1,389 in SG 1, 133 in SG 2 and 114 in SG 3 courses.
- ▶ **368 CLUBS** – A total of 368 sports clubs from across Ireland took part in CLSP organised safeguarding courses during 2022.

### 👥 OUTCOMES

- ▶ Better supported volunteers in clubs & groups across Cork.
- ▶ Increased awareness of best practice guidelines and requirements for children's sport.
- ▶ Increased engagement with clubs and communities across Cork.

### 💬 FEEDBACK

*"Thank you to Ita and Deirdre and Cork Sports Partnership for this course -very informative and well presented."*

*"Would you please thank both Deirdre and Barry for me for delivering a great and informative safeguarding course tonight."*

*"Went great, Barry was very good and helpful."*

*"Firstly, on behalf of the club and all the participants I would like to thank you, Ita, and Barry for a very informative and enjoyable Safeguarding 1 Course. Well done to all at Cork Sports Partnership."*

*"I must say it was really well organised & both Barry & Deirdre was very pleasant and professional."*

– Workshops attendees 2022

## ➔ Pillar 5 Mass Participation Events

CLSP supports the coordination and delivery of mass participation events for national and local campaigns annually to help create awareness of opportunities, encourage participation as well as providing a focal point for different projects across community, school, and disability settings.

- ▶ 27 NGB sports engaged across events and campaigns.
- ▶ 21,756 people took part in CLSP supported mass participation events in 2022.
- ▶ 359 events coordinated in 2022 across 19 different projects.

### Key Mass Participation Event Highlights:

- ▶ **Athletics** – 771 people took part in the 10th annual Cork Rebel Run, with 444 people taking part in the 10k route while 327 people took part in the 5k route.
- ▶ **Cycling** – 8,734 people took part in 210 events organised as part of Cork Bike Week between 14th and 22nd May. This included 3,276 people who took part in 148 public events and 5,458 children taking part in 62 school events.
- ▶ **Orienteering** – 9,447 primary and secondary school children took part in 83 orienteering events in conjunction with Bishopstown Orienteering Club and Orienteering Ireland.
- ▶ **Multi-Sport** – 840 children took part in 28 Sport on the Greens multi-sport engagement events with Cork City Council, Cork Education and Training Board, Football Association of Ireland, Munster Rugby, Cork GAA, Athletics Ireland, and Munster Technological University.
- ▶ **Swimming** – 270 people took part in 7 open water swimming events as part of the inaugural Youghal Swim Fest.



## Case Study: Mass Participation Events

**Title:** Youghal Swim Fest 2022

**Aim:** To coordinate a festival of open water swimming events to cater for all ages and abilities in Cork.

### 🎯 OBJECTIVES

- ▶ To coordinate a weekend of open water swimming events in the following distances, 200m, 500m, 800m, 1000m, 1.9km and 3.8km as well as children's swims.
- ▶ To engage with Swim Ireland and identified community organisations to deliver a safe and successful inaugural event for Cork.
- ▶ To provide follow on opportunities for continued participation in swimming in conjunction with partners.

### 🛠 IMPLEMENTATION STEPS

- ▶ **ENGAGE** – with Swim Ireland to bring one of the inaugural Swim Fest events to Cork in 2022 (7 held nationally). Identify and create a working group for the project. This consisted of CLSP, Swim Ireland, Cork County Council (Municipal District and Water Safety Development Officer) Triathlon Ireland, Ironman, Youghal Business Association, Youghal Community Health Project, and South Coast Triathlon Club.
- ▶ **PLAN** – Agree project plan including timelines, costs, insurance, event management plan, volunteers, coaches, staff, equipment/branding, kayaks, boards, additional events i.e., walk, yoga, talks.
- ▶ **PROMOTE** – Develop a comprehensive promotional campaign to create awareness of the event and recruit participants to take part in the events. This involved the utilisation of multiple marketing tools including CLSP website, targeted social media post schedule across all partners, PR, email, and word of mouth through CLSP and partner networks.
- ▶ **DELIVER** – Coordinate and deliver agreed events in collaboration with working group.
- ▶ **REVIEW** – Review & evaluate event with key stakeholders.
- ▶ **REENGAGE** – Plan with Swim Ireland and local partners for future events and opportunities in Cork.

### 📊 OUTPUTS

- ▶ **1 SWIM FESTIVAL** – 1 inaugural swim festival delivered in Youghal.
- ▶ **7 SWIM DISTANCES** – 4 challenge events were organised at 200m, 500m, 800m, 1000m distances, while 2 beach swims were organised at 1.9km and 3.8km distances. In addition, several Swimming Kids events were organised as well as walks, yoga sessions and information stands for those in attendance.
- ▶ **270 PARTICIPANTS** – 270 people took part in swimming events organised as part of Youghal Swim Fest.
- ▶ **8 PARTNERS** – 8 partner organisations were involved in the coordination of the festival including CLSP, Swim Ireland, Cork County Council (Municipal District and Water Safety Development Officer) Triathlon Ireland, Ironman, Youghal Business Association, Youghal Community Health Project, and South Coast Triathlon Club.

### 👥 OUTCOMES

- ▶ Increased open water swimming opportunities in Cork.
- ▶ Stronger working relationship between CLSP & Swim Ireland and other partner organisations.
- ▶ Additional project opportunities and pathways being considered for 2023 & beyond

### 💬 FEEDBACK

*'Keep up the good work. I look forward to participating in more SwimFests next year.'*

*'Really enjoyed getting out in the open water as part of an organised event without the worry of timing or finishing first or last.'*

*'There was a real festival type atmosphere, not only did we take part in the swim we also did some yoga and got some helpful open water tips and water safety information'*

# Project Reporting and Evaluation

## Objective 1.3

Develop a clear monitoring, reporting and evaluation tools to identify continued improvement in participation opportunities.

### National Evaluations

In 2022, CLSP engaged with national evaluation processes on key projects funded by Sport Ireland through the Dormant Account Fund. These included.

- ▶ Active Cities
- ▶ Volunteer Support Programme

Both evaluation processes included attendance at meetings and semi-structured interviews as well as the completion of online questionnaires and dissemination of surveys to key stakeholders and partners involved in the delivery of each respective project.

### Single Item Measure (M1)

M1 is an internationally validated self-reporting measure used by Sport Ireland funded bodies 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.

### LSPs work to move the inactive towards increased levels of activity



### Undergraduate Research Partnership

A new strategic alliance between CLSP and the Department of Sport, Leisure & Childhood Studies in Munster Technological University was established in 2022 to support more research opportunities for undergraduates within a community setting.

Evaluations have been initiated on 2 CLSP projects for the 2022/23 academic year.

- ▶ Women's Social Soccer Programme
- ▶ Project Weightloss.

Evaluations initiated in 2022 and will be completed in 2023.

### Sport Ireland Research Grant Scheme

In 2022, CLSP was successful in securing funding through the Sport Ireland Research Grant Scheme to support a new research project in conjunction with Munster Technological University, Cork titled Project 'STEPS': A Campus-based Social Walking Intervention to Encourage Future Participation in Sport and Physical Activity.

This research aims to implement a recreational walking intervention ('STEPS') within a multi campus Higher Education Institute. 'STEPS' will involve a university wide promotional campaign, in addition to a rigorous evaluation of the impact of an 8 week incremental intervention on (i) habitual PA, (ii) physiological health, (iii) perceived wellbeing, (iv) key organisational indicators of engagement, and (v) self-efficacy and readiness to participate in sport and PA. Key elements of the project design are the development of a recreational walking club or group within the HEI's clubs and societies' structure, the embedding of 'STEPS' within undergraduate programmes, and the recruitment of HEI role models to promote the initiative as 'STEPS Ambassadors'.

Research project initiated in 2022 and will be completed in 2023.

### Local Monitoring & Reporting

CLSP has developed a comprehensive reporting process to support the team with monitoring projects coordinated and supported. Both quantitative and qualitative measures are used to provide a detailed insight in project successes and failures.

- ▶ **Internal Reporting** – As part of CLSP's internal project monitoring process, all CLSP team members update relevant project work plans to track project progress, outputs, outcomes, and impact. These templates also form part of the future planning process for the team with annual operational planning. These templates align closely to Sport Ireland's reporting processes and allow for uniformity of across CLSP work areas in terms of reporting on actions.
- ▶ **Partner Review Meetings** – As part of CLSP's project process, a review stage is built in following delivery of a project with all project partners.

Feedback is gathered on Key Performance Indicators (KPI's) as set out at the start of the project, what worked well, what needs to improve, learnings and key takeaways as well as future direction and planning. This also includes a review on timelines and any finances required for future delivery. This informs the future direction of a project in terms of target groups, scope, and scaling around team workplans.

- ▶ **Feedback Surveys** – Feedback is gathered from participants involved in Active Sport projects through an end of programme questionnaire. This gathers key information on the project delivered, successes and improvements that are required to maximise the impact of the project.

Feedback was gathered on their experience taking part in the project including what they enjoyed, what they did not, satisfaction levels as well as any suggested improvements and other feedback. In some cases, this feedback was gathered through teachers, carers, service staff involved in projects.

Additional anecdotal feedback is also gathered from tutors and coaches delivering projects.



# Active Cork Communities

## Strategic Goal Overview

# To Inspire Increased Physical Activity Across Cork

**Inspiring, empowering and influencing people of all ages and abilities to be more physically active is the overall aim and strategic priority of the Active Cork Communities Goal.**

CLSP works with a wide and diverse range of stakeholders and groups across Cork to increase and promote physical activity and ensure everyone has an equal opportunity to participate in an activity suited to their needs and inclusive of all abilities.

### Active Cork Communities Strategic Objectives:

2.1 Coordinate programmes, training, and events to grow physical activity in Cork directly and in partnership with local communities, agencies and specialist organisations.

2.2 Target and prioritise key local groups to become more active in Cork communities and hubs including disadvantaged communities, young people, people with a disability, women and girls, men, and older adults.

### Key Active Communities Actions:

- ▶ Work with key partners and organisations to coordinate evidence based, best practice programmes and initiatives that target key demographics.
- ▶ Strengthen and enhance the capacity of communities, agencies, and organisations to further develop physical activity programmes and events.
- ▶ Continue to provide disability training opportunities for communities in line with the CARA training and education framework.
- ▶ Extend current training opportunities to communities, agencies, and organisations to further enhance their capacity to influence physical activity participation at a local level.
- ▶ Work with communities to establish programmes for people with a disability and increase awareness of existing programme and events.
- ▶ Continue to support and establish the Community Sport & Physical Activity Hub models in Cork as a best practice example to engage key groups.
- ▶ Extend and enhance the network of community coaches and tutors to prioritise each key group with regard to physical activity initiatives including health and wellbeing programmes

## Active Cork Communities Model

The Active Cork Communities objectives and actions are delivered through the following model of best practice:

1. **Community Engagement**
2. **Collaboration with Stakeholders**
3. **Delivery of Programmes, Initiatives & Campaigns**
4. **Programme Outputs & Outcomes**
5. **Monitor & Evaluate**



### 1. Community Engagement

Identifying and engaging with community groups and organisations to prioritise local need is of utmost importance to CLSP when developing physical activity projects in Cork. This engagement seeks to identify local needs in terms of physical activity, identify potential partners, prioritise, and achieve sustainable outcomes, ensure equitable decision-making processes, as well as strengthen relationships between the CLSP team and the local community.

In 2022, CLSP continued to engage and advocate for physical activity across 23 interagency working groups, networks and forums in the city and county. CLSP put considerable focus on priority target groups such as older adults, youths, and people with disabilities to try and maximise opportunities for being active amongst these key target demographics in 2022.

Interagency Group	Engaged 2022
National Active Cities Working Group	✓
Cork City Rugby Outreach Project Steering Committee	✓
Cork Healthy Cities	✓
Let's Play Cork	✓
Cork City Community Response Forum	✓
Cork Age Friendly Cities	✓
River Lee Placemaking Network	✓
Cork SportsAbility Forum	✓
Transport & Mobility Forum	✓
Cork Bike Week	✓
Glen Networking Group	✓
Northside Bike Track Project Sub-Group	✓
Knocknaheeny/Holyhill Networking Group	✓
Farranree/Churchfield Networking Group	✓
Northside Interagency Network	✓
WellComm Active Steering Group	✓
Cork City Ukrainian Response - Sports Subgroup	✓
Get Cork Walking Steering Group	✓
Cork Walking Forum	✓
Cork Child Friendly Cities	✓
Cork Blueways Working Group	✓
Active Islands Working Group	✓
Sláintecare Healthy Communities Initiative - Working Group	✓



## 2. Collaboration with Stakeholders

Collaboration and stakeholder involvement are essential to the success of any community initiatives, campaigns, and programmes developed by CLSP.

The scope of collaboration ranged from national to local organisations and ensured a wide range of physical activity opportunities for all ages and abilities across Cork.

A total of 21 different stakeholder organisations collaborated and supported the development, coordination, and delivery of physical activity projects with CLSP during 2022.

Stakeholder	Delivery Partner	Promotion	Funding Support	Other
HSE (Multiple Departments)	✓	✓	✓	✓
Cork Kerry Community Healthcare	✓	✓	✓	✓
Cork County Council	✓	✓	✓	✓
Cork City Council	✓	✓	✓	✓
IRD Duhallow	✓	✓	✓	
Avondhu Blackwater Partnership	✓	✓	✓	✓
West Cork Development Partnership	✓	✓	✓	
Cork ETB (Kinsale OEC & Youth Services)	✓	✓	✓	
Department of Health	✓	✓	✓	✓
Cork Healthy Cities	✓	✓	✓	
Get Ireland Walking	✓	✓	✓	✓
URBACT Ireland	✓	✓		
Age & Opportunity	✓	✓	✓	
University College Cork (UCC)	✓	✓	✓	
Munster Technological University (MTU)	✓	✓	✓	✓
Mountaineering Ireland	✓	✓	✓	
Meitheal Mara	✓	✓	✓	
Age Friendly City & County	✓	✓	✓	
Healthy Ireland	✓	✓	✓	✓
Boston Scientific	✓	✓		✓
Carbery Group	✓	✓		✓

## 3. Delivery of Programmes, Initiatives & Campaigns

Active Cork Communities programmes, trainings and events were delivered across the following key project areas in 2022

1. WellComm Active (Health and Wellbeing Initiative)
2. Physical Activity Programmes
3. Training & Education
4. Community Sports Hubs
5. Community Campaigns & Events
6. Targeted Community Projects

### Delivery Summary 2022:

- ▶ 5 WellComm Active Projects
- ▶ 12 Physical Activity Projects
- ▶ 12 Community Campaigns with 64 Events Delivered
- ▶ 15 Education topics with 35 Workshops/ Courses Delivered
- ▶ 4 Community Sport and Physical Activity Hubs
- ▶ 8 Targeted Community Projects

## 4. Programme Outputs & Outcomes

Active Communities projects are monitored to measure the reach, outputs and outcomes of projects including programmes, initiatives, events, and campaigns delivered by CLSP and partners.

### Summary 2022:

- ▶ 6,371 people engaged through Active Communities projects in 2022.
- ▶ 5,946 active participants in programmes, initiatives and events.
- ▶ 425 people attended education workshops and courses.
- ▶ 52 different projects coordinated or supported.
- ▶ 337 programmes, initiatives and courses delivered

## 5. Monitor & Evaluate

Building a solid evidence foundation around the delivery and execution of sport and physical activity programmes and interventions is dependent on monitoring and evaluation. It is a tool for discovering and documenting effective programmes and approaches at local and national level, as well as for monitoring progress toward shared indicators across connected projects.

Monitoring and evaluation tools are used to track information and data on programme implementation and results as well as assess their efficacy. It aids in pinpointing when a program is on track, when adjustments might be necessary, and whether it is yielding the expected results. Monitoring and evaluation tools serve as the foundation for modifying interventions and evaluating the effectiveness of the activities being carried out.

In Q3 2022, CLSP initiated an undergraduate evaluation on Project Weightloss in conjunction with Munster Technological University undergraduates to evaluate the effectiveness of the programme.

## Objective 2.1:

Coordinate programmes, training, and events to grow physical activity in Cork, directly and in partnership with local communities, agencies, and specialist organisations

### Active Cork Communities Project Portfolio 2022

Central to the successful implementation of the Active Cork Communities Goal, is an inclusive and variety of meaningful participation opportunities in a variety of settings for people of all ages and abilities.

Following a full return to activity in Q2 2022, CLSP worked closely with identified partners to rebuild community-based opportunities and return to pre-pandemic levels of programming and participation opportunities.

#### Active Cork Communities Summary 2022

- ▶ 23 Interagency groups and networks engaged to identify local physical activity needs and opportunities.
- ▶ 21 partner organisations engaged to promote, develop, and support participation opportunities.
- ▶ 52 different projects coordinated with 337 engagement opportunities across programmes, workshops, and events.
- ▶ 6, 371 people engaged through Active Communities projects including 5,946 active participants.
- ▶ 425 people attended education programmes, workshops, and webinars

#### Key Active Cork Communities Projects

Active Cork Communities programmes, trainings and events were delivered across the following key project areas in 2022.

1. WellComm Active
2. Physical Activity Programmes
3. Training & Education
4. Community Sport and Physical Activity Hubs
5. Community Campaigns & Events
6. Targeted Community Projects



## Project 1 WellComm Active

WellComm Active is a community health and wellbeing initiative that seeks to empower citizens to manage their own health through increased physical activity and healthy eating.

The initiative's focus is on delivering programmes that support healthy eating and active living, encouraging and empowering people to live healthy lives independently in their own communities.

Coordinated by Cork Sports Partnership and supported by Cork Kerry Community Healthcare Health and Wellbeing, the aim of this initiative is to support better health and increased physical activity among key populations in Cork.

### WellComm Active Projects 2022

- ▶ Staying Fit for the Future – Better Balance Better Bones
- ▶ Project Weightloss
- ▶ Healthy Food Made Easy
- ▶ FunFit
- ▶ Neurofunctional Zone Development

### Summary 2022

- ▶ 5 projects
- ▶ 1,118 active participants
- ▶ 132 Healthy Food Made Easy attendees across 15 courses
- ▶ 136 active participation opportunities delivered

### Key WellComm Active Highlights

- ▶ **Staying Fit for the Future – Better Balance Better Bones** – 906 participants took part in 113 physical activity programme for adults and older adults to improve strength & balance, range of movement, flexibility, bone strength, muscle power & falls prevention.
- ▶ **Project Weightloss** – 157 people took part in 19 exercise intervention programmes for overweight and inactive individuals with the primary aim of providing an opportunity for inactive or sedentary people to experience exercise appropriate to their ability and needs and to lose weight in a safe, controlled manner in conjunction with the HSE.
- ▶ **Healthy Food Made Easy** – 132 people took part in 15 Healthy Food Made Easy courses.
- ▶ **FunFit** – 55 children took part in 2 pilot FunFit programmes in conjunction with HSE, Cork Kerry Community Healthcare and Leisureworld Cork.
- ▶ **Neurofunctional Zone** – 1 new agreement with resources in place to develop Mayfield Sports Complex as a designated Neuro Functional Training Programme (NFTP) centre in conjunction with HSE and Mayfield Sports Complex



## Case Study: WellComm Active

Title: FunFit

### OVERVIEW

FunFit is a new and exciting physical activity programme for children with delayed gross movement skills and other underlying health conditions. FunFit provides a community-based physical activity support for children aged 8-12 attending HSE Paediatric Services.

To bridge this gap the FunFit programme has been developed by CLSP, HSE/CKCH Community Physiotherapy Team, the Health Promotion Team & LeisureWorld Cork. The programme provides an inclusive, non-competitive environment for children where physical activity is fun and movement skills are developed.

### IMPLEMENTATION PLAN

- ▶ Needs analysis conducted, project partners established & programme development undertaken between CSP, HSE/Cork Kerry Community Healthcare & LeisureWorld Cork.
- ▶ FunFit content & tutor training course content developed.
- ▶ Tutor recruitment undertaken with 12 tutors recruited for tutor training.
- ▶ Location in Cork City chosen for pilot programmes.
- ▶ Pilot programmes supported by staff from CSP, HSE/ Cork Kerry Community Healthcare & LeisureWorld Cork
- ▶ Review of Pilot 1 (April 2022) undertaken with learnings brought to Pilot 2 (September 2022).
- ▶ Plans in place to deliver FunFit programme in additional areas in Cork in 2023

**Partners:** Cork Sports Partnership, HSE, Cork Kerry Community Healthcare, Department of Health, Leisureworld.

### OUTPUTS

- ▶ **4 Partners** – The programme was developed by CLSP in conjunction with HSE, Cork Kerry Community Healthcare and Leisureworld Cork.
- ▶ **12 Tutors** – 12 tutors recruited and participated in 1 Day tutor training course.
- ▶ **55 Participants** – 25 children participated in Pilot 1 (April – June 2022) & 30 children participated in Pilot 2 (September – November 2022)

### OUTCOMES

- ▶ Children on waiting lists to see a paediatric physiotherapist were supported with physical activity and had initial contact with a health professional.
- ▶ Children increased physical activity, developed motor skills as well as cognitive and social skills.
- ▶ Children provided with a fun and positive experience of Physical activity with children of similar skill level and ability.
- ▶ Referral mechanism developed for children in HSE services to community physical activity programme.
- ▶ Collaboration between CLSP, HSE, Cork Kerry Community Healthcare, LeisureWorld Cork and MTU.

### FEEDBACK

#### PARTICIPANTS

*“For me it felt like everyone was different, but we were all the same at the same time.”*

*“Every part of it was my favourite. I loved it all.”*

*“I liked how we got to choose a game ourselves, that was a really good idea.”*

#### PARENTS

*“My daughter felt an equal to all the other participants, she was invited to suggest on a fun game, and she was listened to while she explained the “rules” of the game.”*

*“Even if she wasn't the fastest or the strongest, the effort she made was praised by the amazing instructors and her peers.”*

## Project 2 Physical Activity Programmes

Working with local community groups and organisations to develop meaningful opportunities for people within their respective communities is central to the development of physical activity programmes and interventions. These projects are designed and rolled out with the support of local partners and stakeholders and seek to:

- ▶ Encourage those who are not routinely active to get involved in physical activity in a fun and supportive setting.
- ▶ Promote sport and physical activity to a wide range of demographics in the community.

### Physical Activity Programmes 2022:

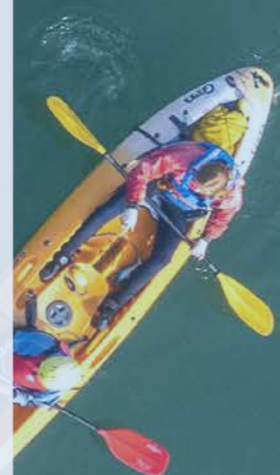
- ▶ Men on the Move
- ▶ Women on the Move
- ▶ Women in the Outdoors
- ▶ Cycling with Confidence
- ▶ Yoga 4 All
- ▶ Direct Provision Swimming Programme
- ▶ Badoireacht Programme
- ▶ Intro to Sailing Programme
- ▶ Watersports Inclusion Programme
- ▶ Active Community Walking Programme
- ▶ Activator Programme
- ▶ Woodlands for Health

### Summary 2022:

- ▶ 784 active participants
- ▶ 12 physical activity projects
- ▶ 48 physical activity programmes opportunities delivered

### Key Physical Activity Programme Highlights:

- ▶ **Men on the Move** – 42 men took part in 4 Men on the Move programmes.
- ▶ **Women on the Move** – 141 women took part in 8 Women on the Move programmes.
- ▶ **Women in the Outdoors** – 28 women took part in a series of workshops and training modules that will build the capacity of women to lead and encourage more participation in outdoor activities.
- ▶ **Activator Pole Programme** – 105 people took part 9 Activator Pole programmes.
- ▶ **Watersports Inclusion Programme** – 243 people with a disability took part in watersport activities including sailing, kayaking, and surfing in conjunction with Kinsale Outdoor Education and Training Centre, Sailability Kinsale, Sailing into Wellness and Surf2Heal



## Case Study: Physical Activity Programmes

Title: Watersports Inclusion Programme

### OVERVIEW

The Watersports Inclusion Programme aims to collaborate with identified partner organisations to offer opportunities for people with a disability to take part in meaningful watersports experiences on a regular basis in Cork.

### IMPLEMENTATION PLAN

- ▶ **ENGAGE** – Engage with partners to plan schedule of watersports season and programme of events.
- ▶ **PLAN** – Plan & agree programme timelines, capacity, training, duration & other supports.
- ▶ **PROMOTE** – Develop a marketing campaign to maximize awareness of the programme among target groups.
- ▶ **DELIVER** – Deliver staff training, weekly group sessions and family events.
- ▶ **REVIEW** – Review & evaluate the programme with partners and gather feedback from participants.
- ▶ **REENGAGE** – Reengage with partners regarding additional participation pathways & next steps

### OUTPUTS

- ▶ **243 Participants** – 243 participants took part in watersport activities as part of the programme.
- ▶ **6 Partners** – The programme was developed and delivered in collaboration with Cork Education and Training Board, Kinsale Outdoor Education and Training Board, Sailability Kinsale, Kinsale Yacht Club, Sailing into Wellness and Surf2Heal. Each partner offered a suite of programmes for individuals, families or groups and services in Kinsale and Cork City.
- ▶ **1 Watersport Showcase** – 1 collective Watersports Inclusion Day from people with disabilities with sailing, surfing, kayaking and with 4 activities to choose from for families

### OUTCOMES

- ▶ Increased opportunity for people with disabilities to experience sailing, kayaking, surfing, and powerboating regardless of ability level.
- ▶ Stronger working relationships between CSP & partners.
- ▶ Improved independence & confidence for programme participants.
- ▶ Water activities have many benefits including, sensory stimulation, social interaction, increased physical activity levels and outdoor opportunities also offer families quality time together.
- ▶ Adapting the programme model or template to other target groups such as youth in the outdoors.
- ▶ Raising the profile of CLSP as a key organisation in the promotion of outdoor activity development in Cork.

### FEEDBACK

#### Programme Participant/Guardian Feedback

*“Surfing was such a buzz!”*

*“The laughter and fun we had as a family, will definitely try more activities next year.”*

*“My child had the most AMAZING experience kayaking. She loved every single minute. It was hugely beneficial for physical activity, Social Activity and Enjoying Fresh air for 2 hours on a Monday evening.”*

#### Partner Organisation Feedback

*“We ran so many sessions right across the season and opened up to new members. Our Wheelyboat was also in operation for the full season and with so many trips for people all over cork and beyond. So many people benefit from regular opportunities to meet through sport, feel good and enjoy nature. We will have much more to offer in 2023.”*

## → Project 3 Training & Education

Capacity building plays an important role in the development of physical activity in the community. CLSP works with identified education partners to provide tutors and physical activity leaders within the community with access to upskilling opportunities to maximise participation opportunities for the whole community to be active.

### Training & Education 2022

- ▶ Healthy Food Made Easy
- ▶ Play Leader Training
- ▶ Sports Inclusion Disability Awareness
- ▶ Tutor Upskilling x 4 projects
- ▶ Promoting Sport & PA to young Girls
- ▶ Sports Leadership
- ▶ Women in the Outdoors Mountain Skills
- ▶ Scooch Workshop
- ▶ Youth Leader Training Series
- ▶ Activator Poles Training
- ▶ Active Community Walk Tutor Training
- ▶ Walking for Health Workshop

### Summary 2022

- ▶ 425 participants/attendees
- ▶ 15 Topics
- ▶ 35 workshops & programmes delivered

### Key Training & Education Highlights

- ▶ **Healthy Food Made Easy** – 132 people took part in 15 Healthy Food Made Easy courses.
- ▶ **Tutor Upskilling** – 46 tutors & community coaches upskilled on training programmes with CLSP in 2022. This included training to deliver programmes across the CLSP portfolio including Staying Fit for the Future, Healthy Food Made Easy, Activator Poles and FunFit.
- ▶ **Scooch** – 60 adults took part in a Scooch training workshop in conjunction with Fitwalk Ireland.
- ▶ **Walking for Health** – 30 people attended a Walking for Health workshop in conjunction with the HSE.
- ▶ **Disability Awareness Training** – 21 people from community groups and organisations took part in Disability Awareness training with CLSP and CARA in 2022



## Case Study: Training & Education

Title: **Healthy Food Made Easy**

### 📌 OVERVIEW

Healthy Food Made Easy is a 6-week peer-led nutrition and cookery course developed by HSE Community Dieticians, aimed at helping people of all ages to make affordable healthier choices when shopping, cooking, and eating which in turn can help reduce diet related conditions.

### 📅 IMPLEMENTATION PLAN

- ▶ Engage with local community groups and partners to identify suitable community groups and individuals for HFME.
- ▶ Facilitate referrals from HSE & Cork Kerry Community Healthcare services as well as self-referrals.
- ▶ Coordinate programmes in collaboration with local partners and identify suitable venues for delivery.
- ▶ Review & evaluate programmes delivered with key stakeholders including participants & partner organisations

### 📊 OUTPUTS

- ▶ **15 Courses** – 15 Healthy Food Made Easy Course delivered.
- ▶ **132 Participants** - 132 people took part in Healthy Food Made Easy courses.
- ▶ **3 Partners** – CLSP works in conjunction with HSE and Cork Kerry Community Healthcare to coordinate the course for Cork.

### 📈 IMPACTS

- ▶ Positively impacting the health & wellbeing of individuals and groups in North Cork City.
- ▶ Supporting community health & wellbeing, providing services locally.
- ▶ Empowering people to make healthier choices when shopping, cooking, and eating.
- ▶ Collaborative approach between partner organisations and community groups
- ▶ Strategic approach to healthy eating in the local area.
- ▶ Relationships developed with local community groups and organisations (Niche, FRC's, COPE, St. Joseph's Foundation, Men's Sheds, Community Grow Gardens).

### 💬 FEEDBACK

*"I learned so much from the course, simple food safety and hygiene tips, importance of fibre and protein in the diet and then the cookery skills, I loved it."*

*"It was a really fun course, all the learning and theory was done as a group, we were learning without knowing we were learning, the tutor would start a discussion about different food topics and would be giving us tips as we went along."*

## Objective 2.1:

Target and prioritise key local groups to become more active in Cork communities and hubs including disadvantaged communities, young people, people with a disability, women & girls, men and older adults.

### Project 4 Community Sport and Physical Activity Hubs

The Community Sport and Physical Activity Hub model is a group of clubs, groups and other local organisations that want to work together to improve sport and physical activity offered in their local community, with particular emphasis on disadvantaged communities and people with a disability.

In 2022, CLSP coordinated and supported 4 Community Sports Hub projects in collaboration with key local organisations in each identified area.

#### 2022 Community Sport and Physical Activity Hubs

- ▶ Northside Sports Hub
- ▶ Urban Outdoor Initiative (Cork City)
- ▶ West Cork Islands Sports Hub
- ▶ Watersports Inclusion Hub (Kinsale)

#### Key Community Sport and Physical Activity Hub Highlights

- ▶ **Watersports Inclusion Hub (Kinsale)** – Funding secured by CLSP through Sport Ireland to support a return to activity for community clubs and organisations providing opportunities for water-based activity for people with disabilities.
- ▶ **Northside Sports Hub** – 19 projects delivered through the Northside Sports Hub in 2022 including 4 Non-Fire Night events with Cork City Council, 4 school specific projects with Table Tennis, soccer, badminton and cycling, 2 permanent orienteering courses, a Maprun and 2 Slí na Slainte projects developed.
- ▶ **West Cork Islands Sports Hub** – A return of the Active Islands Run series in 2022, saw 4 Island runs return as part of the series including Bere Island 5km & 10km, Cape Clear 5km, Sherkin Island 3km & 8km and Heir Island 5km.
- ▶ **Urban Outdoor Initiative** – 10 projects delivered through the Urban Outdoor Initiative in 2022 including Play events and workshops, Learn to Cycle programmes, orienteering, on-the-water rowing as well as training opportunities for youth and disability service staff.



## Case Study: Community Sport and Physical Activity Hub

Title: Northside Sports Hub

### OVERVIEW

The Northside Sports Hub was established in 2018 through funding secured by CLSP through the Dormant Accounts Fund.

The Hub operates under 5 guiding principles to support the development of Sport and Physical Activity on the northside of Cork City. These principles include:

- Support growth in participation.
- Engage the local community.
- Promote community leadership.
- Offer a range of sporting opportunities.
- Bring appropriate (key) partners/groups/people together.

### IMPLEMENTATION PLAN

- ▶ **ENGAGEMENT** – held several meetings with key stakeholders working in the community on the Northside of Cork City. These stakeholders include Statutory bodies (Cork City Council, HSE, Health Action Zone, Cork ETB, Niche, Cork City Partnership), Community Organisations (Glen Resource Centre, Mayfield Sports Complex) clubs, youth groups and schools operating in the area. In addition, CLSP carried out a survey of needs amongst identified target groups in the northside of the city.
- ▶ **PLAN** – CLSP together with identified partner organisations coordinated over 20 annual physical activity projects to support communities on the northside of the city to be more physically active.
- ▶ **PROMOTE** – In addition to utilising CLSP's website and communication platforms, CLSP developed a Northside Hub logo and social media accounts to support the communication of sport and physical activity projects on the northside of the city on a more regular basis.
- ▶ **DELIVERY** – The project was delivered over a 5-year period from 2018 – 2022.
- ▶ **REVIEW** – CLSP continues to support communities on the Northside of the city to be active through programming, events, and workshops beyond the lifetime of the Dormant Accounts Funded project. CLSP is now working with over 30 organisations in the city to support communities on the northside with access to more physical activity opportunities.

### OUTPUTS

- ▶ **30+ Partners** – CLSP worked with over 30 partners on the northside of the city to support increased participation in sport and physical activity in the community.
- ▶ **20+ Annual Projects** – CLSP coordinated over 20+ annual programme opportunities for people of all ages and abilities on the northside of the city to be active. These were delivered across key target pillars including Community, Schools, Education, Disability inclusion and Events.
- ▶ **5,000+ Participants** – 5,000+ annual participants in programmes, events and initiatives coordinated through the hub.
- ▶ **1 Northside Hub Brand** – CLSP developed a Northside Hub logo and social media accounts to support the communication of physical activity opportunities for people of all ages and abilities in the northside.

### OUTCOMES

- ▶ Strategic approach to the development of community sport and physical activity on the northside of the city.
- ▶ Stronger working relationships between CLSP and local community organisations working on the northside of the city.
- ▶ Promotion of local amenities and community facilities.
- ▶ Increased opportunity for people of all ages and abilities on the northside of the city to be active.

### FEEDBACK

#### Schools Programmes

*'The girls learned so many new skills on the programmes. The coaches and instructors were very talented and engaged really well with the pupils. The overall fitness levels of the pupils greatly improved.'*

#### Cycling With Confidence

*'This programme has brought me back to my youth. I haven't cycled in over 20 years. To get back cycling, getting exercise, making new friends and to do this all within the northside it has been fantastic.'*

#### Table Tennis

*'The support Cork Sports Partnership has provided through the Northside Sports Hub has been invaluable. We have seen huge engagement and participation through schools, community organisations, general public men, and women, those with additional needs and more!'*

## Project 5 Community Campaigns & Events

Community campaigns and events are key methods of engaging target groups in communities across Cork to engage in community sport and physical activity.

In 2022, CLSP engaged with both national and local campaigns which focused on providing key target groups and communities with the opportunity to participate in a variety of different activities including play, walking, outdoor activities, and inclusive sporting opportunities.

CLSP also supported several mass participation events aimed at promoting physical activity in local communities across Cork.

### Community Campaigns & Events 2022

- ▶ Youth Marathon Challenge
- ▶ Sport & PA Blitz
- ▶ Let's Play Cork (pop up Events)
- ▶ Her Outdoors Week
- ▶ SportsAbility Month
- ▶ Beach Yoga Youghal
- ▶ Swim Fest Walk
- ▶ Islands Run Series
- ▶ Walk 21 Satellite Event
- ▶ Cork Walking Month
- ▶ 100 Days of Walking

### Summary 2022

- ▶ 3,647 active participants
- ▶ 12 campaign areas
- ▶ 64 events delivered

### Key Community Campaigns & Event Highlights

- ▶ **Youth Marathon Challenge** – 1,202 youths from schools and youth services throughout Cork took part in a Youth Marathon Challenge in conjunction with Cork City Council and Cork City Marathon.
- ▶ **Play Events** – CLSP coordinated 30 Play events in 2022 with over 1,000 people engaging with activities across the events.
- ▶ **Her Outdoors Week** – 209 women took part in 18 different taster events during Her Outdoors Week supported by over 20 organisations.
- ▶ **Island Run Series** – 256 people took part in Islands Run Series in 2022 across 4 Islands.
- ▶ **Cork SportsAbility Month** – 440 people with a disability took part in taster events as part of Cork SportsAbility Month.

## Case Study: Community Campaigns & Events

Title: Cork SportsAbility Month 2022

### OVERVIEW

Cork SportsAbility Month was a month-long celebration of inclusive sport and physical activity for people with disabilities to engage with new activities. The overall aim of the month was to create more awareness of opportunities for people with a disability to get involved in sport and physical activity.

### IMPLEMENTATION PLAN

- ▶ **ENGAGEMENT** – Engage with partners to plan schedule of Cork SportsAbility month events and locations for 2022.
- ▶ **PLAN** – Plan & agree programme timelines, capacity, training, duration & other required supports.
- ▶ **PROMOTE** – Develop a marketing campaign to maximise awareness of the programme among target groups.
- ▶ **DELIVERY** – Deliver come and try taster events in both Cork city and county.
- ▶ **REVIEW** – Review & evaluate the programme with partners and gather feedback from participants.
- ▶ **REENGAGE** – Reengage with partners regarding additional participation pathways & next steps

### OUTPUTS

- ▶ **440 Participants** – 440 people with a disability and their families took part in taster events organised as part of the month-long celebration.
- ▶ **20 Taster Events** – 20 taster events were organised as part of the month including activities such as table tennis, inclusive splash and dash, mixed ability rugby, cycling, as well as watersport activities.
- ▶ **15 Partners** – CLSP collaborated with 15 different partner organisations to coordinate Cork SportsAbility Month 2022.
- ▶ **3 Flagship Events** – 3 flagship events were organised by CLSP and partners as part of the month including Cork SportsAbility Day, Cork Watersports Inclusion Day, and an Inclusive Splash and Dash event.
- ▶ **6 Videos** – 6 videos highlighting disability inclusion projects CLSP is working on were created for the month and were viewed 3,113 times across YouTube, Facebook, and Instagram.

### OUTCOMES

- ▶ Increased opportunity for people with disabilities to experience various adapted activities and sports.
- ▶ Stronger working relationships between CLSP & partners.
- ▶ Improved independence & confidence for people with disabilities to engage with sport.
- ▶ Comprehensive marketing campaign and stockpile videos of disability sport and inclusive programmes to promote further engagement in activity.

### FEEDBACK

*"The instructors were so nice and accommodating, nothing was a big deal."*

*"The laughter and fun we had as a family, will definitely try more activities next year."*

*"My son is a sportsman; he really enjoyed the different tasters."*

## Project 6 Targeted Community Projects

There were several key projects in 2022 that supported the capacity, value and need for sport and physical activity for communities across Cork.

### Targeted Community Projects 2022

- ▶ Health Checks Men's Health Week
- ▶ Northside Summer Scheme
- ▶ Dillons Cross Camp
- ▶ Playground Stencil Initiative
- ▶ Inclusive Summer Camp
- ▶ Cork Prison Camp
- ▶ Glen Walking Project
- ▶ Community Sport and Physical Activity Small Grant Scheme

### Summary 2022

- ▶ 397 active participants
- ▶ 8 Projects
- ▶ 54 active participation opportunities delivered
- ▶ 1 Community Sport and Physical Activity Small Grant Scheme
- ▶ 1 Playground Stencil Marking Scheme

### Key Community Sport and Physical Activity Hub Highlights

- ▶ **Playground Stencil Initiative** – Playground stencils were painted in 43 locations across Cork City and County in 2022.
- ▶ **Men's Health Checks** – CLSP coordinated 4 men's health checks with over 80 men attending in conjunction with the HSE and local clubs, groups and organisations.
- ▶ **Cork Prison Camp** – 42 young people took part in a summer camp in conjunction with Cork Prison Services.
- ▶ **Inclusive Summer Camp** – 24 young people with a disability took part in an inclusive summer camp in conjunction with Crann Centre.
- ▶ **Community Sport & Physical Activity Small Grant Scheme** – 122 community sports clubs, physical activity groups and organisations received funding as part of a targeted COVID-19 support fund.



## Case Study: Targeted Community Projects

Title: Community Sport and Physical Activity Small Grant Scheme

### OVERVIEW

The Cork Sports Partnership Community Sport and Physical Activity Small Grant Scheme was part of a COVID-19 support programme from the Government of Ireland, implemented through Sport Ireland and its network of Local Sports Partnerships to assist the sport and physical activity sector with returning to activity following the easing of COVID-19 restrictions.

The scheme was designed to support eligible clubs, groups and organisations with access to funding of up to €1,500 to restart activity for their respective members and the wider community as well as covering costs associated with adhering to COVID-19 guidelines.

### IMPLEMENTATION PLAN

- ▶ Q4 2021 – Submit application to Sport Ireland for funding to roll out scheme.
- ▶ Q1 2022 – Finalise grant scheme criteria, terms and conditions, timelines, and review process.
- ▶ Q2 2022 – Review all grant submissions against the grant criteria and make funding recommendation.
- ▶ Q2 2022 – Inform all grant submissions on the outcome of their respective applications.
- ▶ Q2 2022 – Issue successful grantees with grant agreement and grant fulfillment criteria including receipts, invoices, and photographic evidence where appropriate.
- ▶ Q3 2022 – Process grant payments to grant recipients.
- ▶ Q4 2022 – Follow up with any outstanding expenditure reports from grant recipients

### OUTPUTS

- ▶ €123,435 was distributed among 122 community sports clubs, physical activity groups and organisations from across Cork.

### OUTCOMES

- ▶ Clubs, groups and organisations supported with returning to activity following the COVID-19 pandemic.

### FEEDBACK

*"The purchase of sports equipment for our primary schools and special needs units that use the facility on a weekly basis. It has made a big difference to the activities/Services we offer here at the Centre."*

*"This money was a huge help towards two expenditure streams in 2022."*

*"Thank you kindly for this wonderful support to our charity, we really appreciate it."*

*"I am very grateful for the funding which facilitated this day out, the health of our environment and our own health are closely linked, and I feel that this day out helped both goals."*





# 2022 Challenges

## Operations

The team of CLSP continue to explore and develop new partnerships and opportunities for communities and the public to access sport and physical activity. While the scale of programming provided by the partnership is in excess of 40,000 participants, the demand for the support and access to opportunities is continuing to grow. CLSP management will need to review the system in how opportunities are provided to ensure the demand is in line with the capacity of the company and team.

Cork City and County continues to grow and expand in terms of population and the need for supports and services by the partnership. CLSP will need to review the model in how it equally supports communities, clubs and services across the City and County.

## Financial

CLSP continues to competitively apply and secure funding for the continued functioning and operations of the company. While access to funding secures ongoing investment and opportunities for the development of sport and physical activity for communities, clubs, and services across Cork. There is a growing challenge in managing the ad-hoc nature and timelines for the administration of certain funds.

CLSP will look to address this with a review into the administration of these funds with the support of the finance team, company accountants and the finance and audit committee.

## Housing

As a limited company local sports partnership, the continued access to housing is an ongoing concern. The housing agreement for the partnership is scheduled to end and will need to be addressed and managed by the Board of Directors and management of CLSP.

## Governance

CLSP achieved compliance with the Governance Code for Sport in 2021. Compliance with the code ensures the company is governed under the principles and practices of good governance. The ongoing management of the administrative tasks and practices will need to be reviewed. To ensure the Board of Directors and management team strike a balance between the time and focus needed to maintain good governance and the oversight and implementation of the operations of the company.



# Future Plans of CLSP

CLSP marked the final year of the company five-year strategy in 2022. On reflection there were key areas of development and success that were supported and embedded as a result of this strategy.

- ▶ The benefits of working in collaboration with existing and new partners.
- ▶ The significant role and impact of marketing and promotion in the sector both locally and nationally.
- ▶ The importance of innovation and research to inspire new ways of developing participation in sport and physical activity.
- ▶ The capacity and expertise developed and provided by the CLSP team and tutors across Cork.
- ▶ The increased access to funding across a wide range of schemes that developed new opportunities to develop sport and physical activity in Cork.
- ▶ The access to key support services and systems to assist with the management and operations of the company.

The capacity of CLSP is largely based on the strong working relationships that have been developed over the last number of years with key partners and agencies at a local and national level. The company's core value of partnership and collaboration is embedded into the company structure and allows the company to support and develop relationships and initiatives with partnering agencies that are mutually beneficial to serving the needs and priorities for all. CLSP will continue to explore and develop new partnerships that supports the local framework and pathways for the development and access to sport and physical activity in Cork.

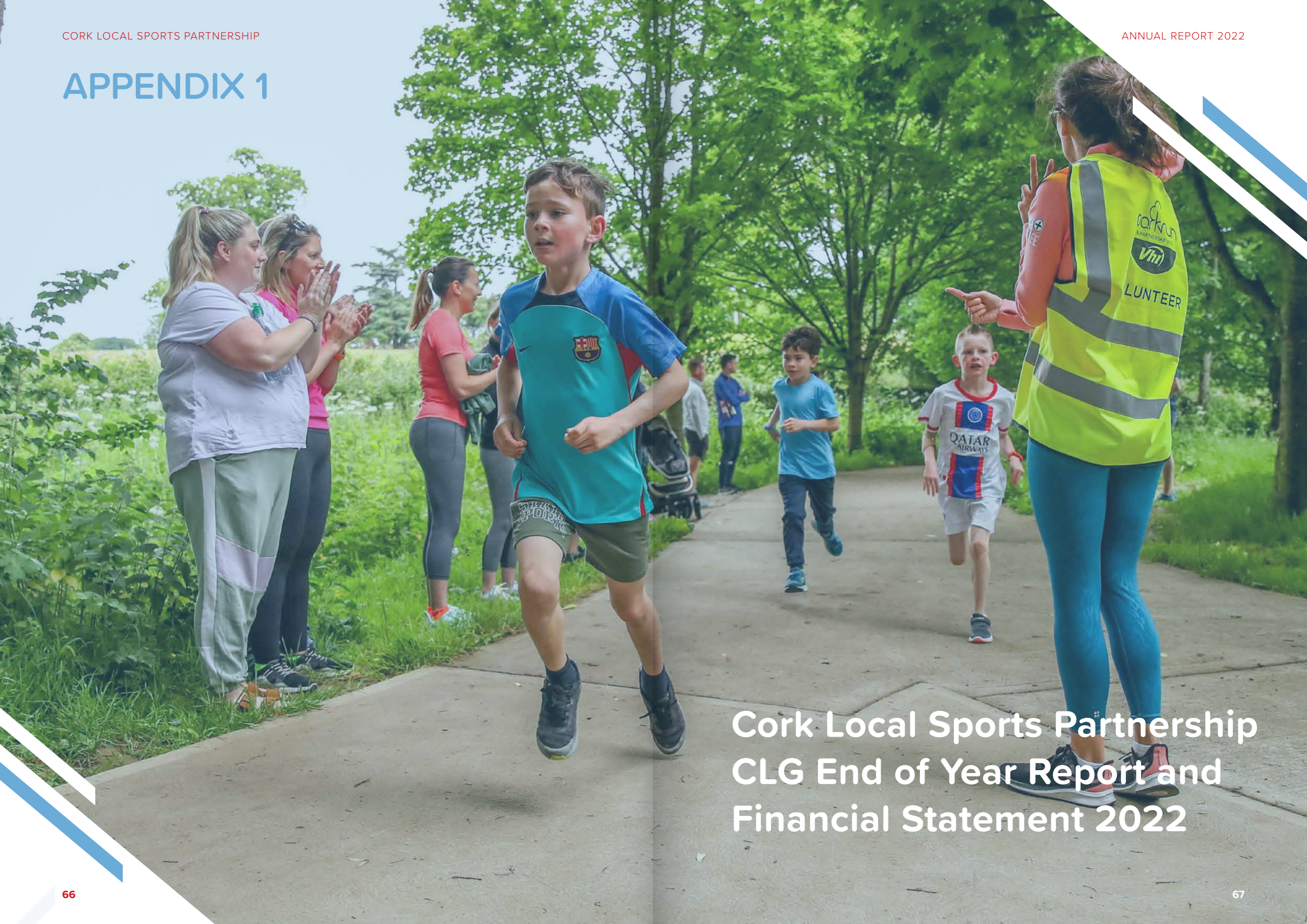
CLSP with the support of the Board of Directors, management, team, and partners will prepare to review the impact, legacy, and learnings from the outgoing strategy. A new five-year strategy will be developed to serve the future vision and objectives of the company in line with the priorities and aims as set out by Sport Ireland, adhering to the National Sports Policy, the Sport Ireland Strategy and keeping in line with the LSP Network Statement of Ambition.

A key success for CLSP over the last number of years was the role, value and impact of marketing and promotion to the operations of the company. In 2022, Sport Ireland invested core funding into the network with the development of key marketing roles managed by the local sports partnerships, to support and strengthen the visibility and profile of the LSP Network at a local and national level. Going forward, CLSP will ensure the national profile of the Local Sports Partnership Network is equally embedded and promoted at a local level in Cork.

The value and role of research and evaluation will continue to have a central role in the development of partnerships and initiatives for CLSP. Therefore, as we move forward CLSP will aim to create greater opportunity for more inhouse research and evaluation, developing stronger partnerships locally with University College Cork and Munster Technological University. Directly supporting the needs of the CLSP team and creating additional learning opportunities for students and staff across both campuses.

Overall, 2022 was a successful year for the company with many impacts created and lead by the team and tutors of CLSP. This year the company welcomed several new team members across key roles in operations and administration. CLSP management will therefore need to prioritise and focus on the growth, learning, support, and capacity building of the new team members in preparation for the next company strategy.

# APPENDIX 1



Cork Local Sports Partnership  
CLG End of Year Report and  
Financial Statement 2022

Registered number: 368769

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY  
GUARANTEE  
ACCOUNTS 2022**

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE  
REPORTS AND  
FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022**

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****COMPANY INFORMATION**

<b>Directors</b>	Terence Patrick McSweeney (resigned 23 June 2022) Timothy Owens (resigned 23 June 2022) Eolan Rying Michael Carey Morgan Buckley Derry Canty Michael Comyns Kay Dawson Declan Hurley Colm Kelleher Niall Healy Paudie Palmer (resigned 7 January 2023) David Joyce Liam Ahern Sheelagh Broderick Cian O'Neill Deirdre Kelly
<b>Company secretary</b>	Egle Ziurniene
<b>Registered number</b>	368769
<b>Registered office</b>	Model Business Park Model Farm Road Cork
<b>Independent auditors</b>	OSK Audit Limited Registered Auditors East Point Plaza East Point Dublin 3
<b>Bankers</b>	AIB Ballincollig Co.Cork  Ulster Bank Watergold Building Douglas Co.Cork
<b>Solicitors</b>	RDJ 2 Park Place City Gate Park Mahon Poiny Cork

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****CONTENTS**

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<b>Directors' report</b>	1 - 3
<b>Independent auditors' report</b>	4 - 6
<b>Income and expenditure account</b>	7
<b>Statement of financial position</b>	8
<b>Statement of cash flows</b>	9
<b>Notes to the financial statements</b>	10 - 21
The following pages do not form part of the statutory financial statements:	
<b>Detailed income and expenditure account and summaries</b>	23 - 25

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****DIRECTORS' REPORT  
FOR THE YEAR ENDED 31 DECEMBER 2022**

The directors present their annual report and the audited financial statements for the year ended 31 December 2022.

**Directors' responsibilities statement**

The directors are responsible for preparing the Directors' report and the financial statements in accordance with Irish law and regulations.

Irish company law requires the directors to prepare the financial statements for each financial year. Under the law, the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

Under company law, the directors must not approve the financial statements unless they are satisfied they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date, of the profit or loss for that financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies for the company's financial statements and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- 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 financial statements and Directors' report comply with the Companies Act 2014 and enable the 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 directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in Republic of Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**Principal activities**

The principal activity of the company is the promotion of sport at a local level in Cork City and County.

**Business review**

There were no changes to the activities of the company during the financial year.

**Results**

The surplus for the year, after taxation, amounted to €49,076 (2021 - €19,721).

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****DIRECTORS' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2022****Directors**

The directors who served during the year were:

Terence Patrick McSweeney (resigned 23 June 2022)  
 Timothy Owens (resigned 23 June 2022)  
 Eolan Rynng  
 Michael Carey  
 Morgan Buckley  
 Derry Cauty  
 Michael Comyns  
 Kay Dawson  
 Declan Hurley  
 Colm Kelleher  
 Niall Healy  
 Paudie Palmer (resigned 7 January 2023)  
 David Joyce  
 Liam Ahern  
 Sheelagh Broderick  
 Cian O'Neill  
 Deirdre Kelly

The company is limited by guarantee and does not have a share capital. The directors who served during the year did not have any interest in the company.

**Principal risks and uncertainties**

In common with all companies operating in Ireland in this sector, the company faces risks and uncertainties such as reduced government funding.

**Accounting records**

The measures taken by the directors to ensure compliance with the requirements of Sections 281 to 285 of the Companies Act 2014 with regard to the keeping of accounting records, are the employment of appropriately qualified accounting personnel and the maintenance of computerised accounting systems. The company's accounting records are maintained at the company's registered office at Model Business Park, Model Farm Road, Cork.

**Statement on relevant audit information**

Each of the persons who are directors at the time when this Directors' report is approved has confirmed that:

- so far as the director is aware, there is no relevant audit information of which the company's auditors are unaware, and
- the director has taken all the steps that ought to have been taken as a director in order to be aware of any relevant audit information and to establish that the company's auditors are aware of that information.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****DIRECTORS' REPORT (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2022****Auditors**

The auditors, OSK Audit Limited, continue in office in accordance with section 383(2) of the Companies Act 2014.

This report was approved by the board and signed on its behalf.



**Derry Cauty**  
Director

Date: 18 May 2023



**Liam Ahern**  
Director

Date: 18 May 2023

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE**

-

**Report on the audit of the financial statements****Opinion**

We have audited the financial statements of Cork Local Sports Partnership Company Limited By Guarantee (the 'company') for the year ended 31 December 2022, which comprise the Income and Expenditure account, the Statement of financial position, the Statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish law and Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' applying section 1A of that standard.

In our opinion, the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2022 and of its surplus for the year then ended
- have been properly prepared in accordance with Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' applying section 1A of that standard.
- 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) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities 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 financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), 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.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE (CONTINUED)****Other information**

The directors are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' 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.

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 or apparent material misstatements, 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.

**Opinion on other matters prescribed by the Companies Act 2014**

In our opinion, based on the work undertaken in the course of the audit, we report that:

- the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with applicable legal requirements.

We have obtained all the information and explanations which, to the best of our knowledge and belief, are 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, and the financial statements are in agreement with the accounting records.

**Matters on which we are required to report by exception**

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the Directors' Report.

The Companies Act 2014 requires us to report to you if, in our opinion, the requirements of any of sections 305 to 312 of the Act, which relate to disclosures of directors' remuneration and transactions are not complied with by the company. We have nothing to report in this regard.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE (CONTINUED)****Respective responsibilities and restrictions on use****Responsibilities of directors**

As explained more fully in the Directors' responsibilities statement on page 1, the directors are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as the directors determine is 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 the management either intends to liquidate the company or to cease operations, or has no realistic alternative but to do so.

**Auditors' responsibilities for the audit of the financial statements**

Our 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 Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (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.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at: <https://www.iaasa.ie/Publications/Auditing-standards>. This description forms part of our Auditors' report.

**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 Auditors' 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.



**Brian Dignam**  
for and on behalf of  
**OSK Audit Limited**  
Registered Auditors  
Statutory Audit Firm  
East Point Plaza  
East Point  
Dublin 3

18 May 2023

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****INCOME AND EXPENDITURE ACCOUNT  
FOR THE YEAR ENDED 31 DECEMBER 2022**

	Note	2022 €	As Restated 2021 €
Income		1,505,422	1,349,146
Administrative expenses		<b>(1,456,346)</b>	<b>(1,329,425)</b>
<b>Operating surplus</b>	17	<b>49,076</b>	<b>19,721</b>
<b>Surplus after tax</b>		<b>49,076</b>	<b>19,721</b>
Retained earnings at the beginning of the year		181,821	162,100
Surplus for the year		<b>49,076</b>	<b>19,721</b>
<b>Retained earnings at the end of the year</b>		<b>230,897</b>	<b>181,821</b>

There were no recognised gains and losses for 2022 or 2021 other than those included in the income and expenditure account.




**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****STATEMENT OF FINANCIAL POSITION  
AS AT 31 DECEMBER 2022**

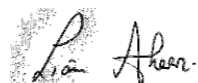
	Note	2022 €	2021 €
<b>Fixed assets</b>			
Tangible assets	20	<u>156,062</u>	<u>127,928</u>
		<b>156,062</b>	<b>127,928</b>
<b>Current assets</b>			
Debtors: amounts falling due within one year	21	<u>74,212</u>	<u>87,218</u>
Cash at bank and in hand		<u>988,830</u>	<u>653,974</u>
		<b>1,063,042</b>	<b>741,192</b>
Creditors: amounts falling due within one year	22	<u>(988,207)</u>	<u>(687,299)</u>
<b>Net current assets</b>		<b>74,835</b>	<b>53,893</b>
<b>Total assets less current liabilities</b>		<b>230,897</b>	<b>181,821</b>
<b>Net assets</b>		<b>230,897</b>	<b>181,821</b>
<b>Reserves</b>			
Income and expenditure account	24	<u>230,897</u>	<u>181,821</u>
<b>Members' funds</b>		<b>230,897</b>	<b>181,821</b>

These financial statements have been prepared in accordance with the small companies regime.

The financial statements were approved and authorised for issue by the board:



**Derry Canty**  
Director



**Liam Ahern**  
Director

Date: 18 May 2023

The notes on pages 10 to 21 form part of these financial statements.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****STATEMENT OF CASH FLOWS  
FOR THE YEAR ENDED 31 DECEMBER 2022**

	2022 €	2021 €
<b>Cash flows from operating activities</b>		
Surplus for the financial year	<b>49,076</b>	19,721
<b>Adjustments for:</b>		
Depreciation of tangible assets	<b>54,862</b>	39,085
Decrease in debtors	<b>13,006</b>	14,526
Increase in creditors	<b>300,305</b>	60,186
<b>Net cash generated from operating activities</b>	<b>417,249</b>	<b>133,518</b>
<b>Cash flows from investing activities</b>		
Purchase of tangible fixed assets	<b>(82,996)</b>	(106,051)
<b>Net cash from investing activities</b>	<b>(82,996)</b>	<b>(106,051)</b>
<b>Net increase in cash and cash equivalents</b>	<b>334,253</b>	27,467
Cash and cash equivalents at beginning of year	<b>653,302</b>	625,835
<b>Cash and cash equivalents at the end of year</b>	<b>987,555</b>	<b>653,302</b>
<b>Cash and cash equivalents at the end of year comprise:</b>		
Cash at bank and in hand	<b>988,830</b>	653,974
Credit Card	<b>(1,275)</b>	(672)
<b>Net funds at 31st December</b>	<b>987,555</b>	<b>653,302</b>

The notes on pages 10 to 21 form part of these financial statements.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****1. General information**

The financial statements comprise of the income and expenditure account, the statement of financial position, cash flow statement and the related notes constitute the financial statements of Cork Local Sports Partnership CLG for the financial year ended 31st December 2022.

Cork Local Sports Partnership CLG is a company limited by guarantee having no share capital, incorporated and registered in the Republic of Ireland (CRO number: 368769). The registered office at Model Business Park, Model Farm Road, Cork, which is also the principal place of business of the company. The nature of the company's operations and its principal activities are set out in the Directors' report.

**Statement of compliance**

The financial statements have been prepared in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland' (FRS 102), applying section 1A of that standard.

**2. Accounting policies****2.1 Basis of preparation of financial statements**

The financial statements have been prepared on the going concern basis in accordance with the historical cost convention modified to include certain items at fair value. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 The Financial Reporting Standard applicable in the United Kingdom and the Republic of Ireland issued by the Financial Reporting Council.

The company qualifies as a small company for the period, as defined by section 280A of that Act, in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Act and Section 1A of FRS 102.

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements:

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****2. Accounting policies (continued)****2.2 Income**

Revenue is recognised to the extent that it is probable that the economic benefits will flow to the company and the revenue can be reliably measured. Revenue is measured as the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes. The following criteria must also be met before revenue is recognised:

**Sale of goods**

Revenue from the sale of goods is recognised when all of the following conditions are satisfied:

- the company has transferred the significant risks and rewards of ownership to the buyer;
- the company retains neither continuing managerial involvement to the degree usually associated with ownership nor effective control over the goods sold;
- the amount of revenue can be measured reliably;
- it is probable that the company will receive the consideration due under the transaction; and
- the costs incurred or to be incurred in respect of the transaction can be measured reliably.

**Rendering of services**

Revenue from a contract to provide services is recognised in the period in which the services are provided in accordance with the stage of completion of the contract when all of the following conditions are satisfied:

- the amount of revenue can be measured reliably;
- it is probable that the company will receive the consideration due under the contract;
- the stage of completion of the contract at the end of the reporting period can be measured reliably; and
- the costs incurred and the costs to complete the contract can be measured reliably.

**2.3 Tangible fixed assets**

Tangible fixed assets under the cost model are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management.

Depreciation is charged so as to allocate the cost of assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Fixtures & fittings & equipment	-	20% Straight Line
Website		20% Straight Line

The assets' residual values, useful lives and depreciation methods are reviewed, and adjusted prospectively if appropriate, or if there is an indication of a significant change since the last reporting date.

Gain and losses on disposal are determined by comparing the proceeds with the carrying amount and are recognised in the income and expenditure account.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****2. Accounting policies (continued)****2.4 Debtors**

Short-term debtors are measured at transaction price, less any impairment. Loans receivable are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method, less any impairment.

**2.5 Cash and cash equivalents**

Cash is represented by cash in hand and deposits with financial institutions repayable without penalty on notice of not more than 24 hours. Cash equivalents are highly liquid investments that mature in no more than three months from the date of acquisition and that are readily convertible to known amounts of cash with insignificant risk of change in value.

In the Statement of cash flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

**2.6 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 other third parties, loans to related parties and investments in ordinary shares.

**2.7 Creditors**

Short-term creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

**2.8 Government grants**

Grants are accounted under the accruals model as permitted by FRS 102. Grants relating to expenditure on tangible fixed assets are credited to the Income and Expenditure Account at the same rate as the depreciation on the assets to which the grant relates. The deferred element of grants is included in creditors as deferred income.

Grants of a revenue nature are recognised in the Income and Expenditure Account in the same period as the related expenditure.

OSK confirm that the Sport Ireland grants received during the year were expended for the purpose for which they were intended.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****2. Accounting policies (continued)****2.9 Foreign currency translation**

The company's functional and presentational currency is Euro.

**Transactions and balances**

Foreign currency transactions are translated into the functional currency using the spot exchange rates at the dates of the transactions.

At each period end foreign currency monetary items are translated using the closing rate. Non-monetary items measured at historical cost are translated using the exchange rate at the date of the transaction and non-monetary items measured at fair value are measured using the exchange rate when fair value was determined.

Foreign exchange gains and losses resulting from the settlement of transactions and from the translation at period-end exchange rates of monetary assets and liabilities denominated in foreign currencies are recognised in the income and expenditure account except when deferred in other comprehensive income as qualifying cash flow hedges.

Foreign exchange gains and losses that relate to borrowings and cash and cash equivalents are presented in the Statement of income and retained earnings within 'finance income or costs'. All other foreign exchange gains and losses are presented in the income and expenditure account within 'other operating income'.

**2.10 Pensions**

The company operates a defined contribution pension scheme and the assets of the scheme are held separately from those of the company in an independently administered fund. The pension cost charge represents contributions payable by the company to the fund, and amount to €22,356 (2021 - €31,445).

**2.11 Holiday pay accrual**

A liability is recognised to the extent of any unused holiday pay entitlement which is accrued at the reporting date and carried forward to future periods. This is measured at the undiscounted salary cost of the future holiday entitlement so accrued at the reporting date.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****3. Sport Ireland Grants Received****Sport Ireland - Core Funding Grant (€526,588 received in the year)**

This grant contributes towards the annual general administration costs incurred by the Company. The grant covers the calendar year ending on 31 December 2022. €24,938 is carried forward from 2021, €547,776 has been included in the income and expenditure account of the company for the year ended 31st December 2022 with €3,750 deferred in to 2023 as highlighted in note 4 of the financial statements. The Sport Ireland grant is sponsored by the Department for Tourism, Culture, Arts, Gaeltacht, Sport and Media.

**Sport Ireland - Community Sports Hub Grant (Dormant Accounts Funding) (€56,196 received in the year)**

This grant contributed towards expenditure incurred by the Company increasing participation in community sporting the community. The grant covers the calendar year ending 31 December 2022. €61,392 is carried forward from 2021, €50,629 has been included in the income and expenditure account of the company for the year ended 31st December 2022 with €66,959 deferred into 2023 as highlighted in note 5 of the financial statements. The Sport Ireland grant is sponsored by the Department for Tourism, Culture, Arts, Gaeltacht, Sport and Media.

**Sport Ireland - Leadership Grant (Dormant Accounts Funding) (€15,000 received in the year)**

This grant contributed towards expenditure incurred by the Company in preparation to increase participation in community sport. The grant covers the calendar year ending 31 December 2022. €10,908 is carried forward from 2021, €7,658 has been included in the income and expenditure account of the company for the year ended 31st December 2022 with €18,250 deferred in to 2023 as highlighted in note 6 of the financial statements. The Sport Ireland grant is sponsored by the Department for Tourism, Culture, Arts, Gaeltacht, Sport and Media.

**Sport Ireland - Urban Outdoor Adventure Initiatives (Dormant Accounts Funding) (€21,980 received in the year)**

This grant contributed towards expenditure incurred by the Company in increasing participation in community sport. The grant covers the calendar year ending 31 December 2022. €38,690 is carried forward from 2021, €28,967 has been included in the income and expenditure account of the Company for the year ended 31st December 2022 with €31,703 deferred in to 2023 as highlighted in note 7 of the financial statements. The Sport Ireland grant is sponsored by the Department for Tourism, Culture, Arts, Gaeltacht, Sport and Media.

**Sport Ireland Volunteer Training and Supports (Dormant Accounts Funding) (€23,135 received in the year)**

The grant contributes towards expenditure incurred by the Company in increasing participation in community sport. The grant covers the calendar year ending 31 December 2022. €18,875 is carried forward from 2021, €19,370 has been included in the income and expenditure account of the Company for the year ended 31st December 2022 with €22,640 deferred in to 2023 as highlighted in note 8 of the financial statements. The Sport Ireland grant is sponsored by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media.

**Sport Ireland - Sports Inclusion Disability Projects (Dormant Accounts Funding) (€21,500 received in the year)**

The grant contributes towards expenditure incurred by the Company in increasing participation in community sport. The grant covers the calendar year ending 31 December 2022. €39,462 is carried forward from 2021, €10,933 has been included in the income and expenditure account of the Company for the year ended 31st December 2022 with €50,029 deferred in to 2023 as highlighted in note 9 of the financial statements. The Sport Ireland grant is sponsored by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****Sport Ireland - Active Cities (Dormant Accounts Funding) (€165,500 received in the year)**

The grant contributes towards expenditure incurred by the Company in increasing participation in community sport. The grant covers the calendar year ending on 31 December 2022. €195,546 is carried forward from 2021, €80,617 has been included in the income and expenditure account of the Company for the year ended 31st December 2022 with €280,429 deferred in to 2023 as highlighted in note 10 of the financial statements. The Sport Ireland grant is sponsored by the Department for Tourism, Culture, Arts, Gaeltacht, Sport and Media.

**Sport Ireland - Covid-19 Grant scheme (Small Grant Scheme) (€210,800 received in the year)**

This grant contributed towards the sustainability of the Company resulting from the financial impacts of the COVID-19 Pandemic. The grant covers the calendar year ending on 31 December 2022. €202,158 is carried forward from 2021, €202,506 has been included in the income and expenditure account of the Company for the year ended 31st December 2022 with €210,452 deferred in to 2023 as highlighted in note 11 of the financial statements. The Sport Ireland grant is sponsored by the Department for Tourism, Culture, Arts, Gaeltacht, Sport and Media.

**Sport Ireland - Get Girls Active (Dormant Accounts Funding) (€5,850 received in the year)**

The grant contributes towards expenditure incurred by the Company in increasing participation in womens sport. The grant covers the calendar year ending on 31 December 2022. €Nil has been included in the income and expenditure account of the Company for the year ended 31st December 2022 with €5,850 deferred in to 2023 as highlighted in note 12 of the financial statements. The Sport Ireland grant is sponsored by the Department for Tourism, Culture, Arts, Gaeltacht, Sport and Media.

**Sport Ireland - Slaintecare Integration Fund (Dormant Account Funding) (€175,246 received in the year)**

The grant contributes towards expenditure incurred by the Company for Wellcomm Active (WCA) project on community physical activity (PA) and health both locally and nationally. The grant covers the calendar year ending on 31 December 2022. €76,267 has been included in the income and expenditure account of the Company for the year ended 31st December 2022 with €98,979 deferred in to 2023 as highlighted in note 13 of the financial statements. The Sport Ireland grant is distributed by the Department for Health.

**Sport Ireland - Research Grant scheme (€13,500 received in the year)**

The grant contributes towards expenditure incurred by the Company to encourage future participation in sport and physical activity. The grant covers the calendar year ending on 31 December 2022. €Nil has been included in the income and expenditure account of the Company for the year ended 31st December 2022 with €13,500 deferred in to 2023 as highlighted in note 14 of the financial statements. The Sport Ireland grant is sponsored by the Department for Tourism, Culture, Arts, Gaeltacht, Sport and Media

**Sport Ireland - Physical Activity for Health Pilot (€60,833 received in year)**

The grant contributes towards expenditure incurred by the Company to increase participation for the Physical Activity Health Pilot. The grant covers the calendar year ending on 31 December 2022. €Nil has been included in the income and expenditure account of the Company for the year ended 31st December 2022 with €60,833 deferred in to 2023 as highlighted in note 15 of the financial statements. The Sport Ireland grant is sponsored by the Department for Tourism, Culture, Arts, Gaeltacht, Sport and Media

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****4. Sport Ireland - Core Grant**

	2022	2021
	€	€
Grant received during the year	526,588	529,807
Unspent grant brought forward	24,938	11,095
Grant released during the year	(547,776)	(515,964)
<b>Unspent grant carried forward</b>	<b>3,750</b>	<b>24,938</b>

**5. Sport Ireland - Sports Hub Grant (Dormant Accounts Funding) grant deferral**

	2022	2021
	€	€
Grant received during the year	56,196	19,760
Unspent grant brought forward	61,392	84,707
Grant released during the year	(50,629)	(43,075)
<b>Unspent grant carried forward</b>	<b>66,959</b>	<b>61,392</b>

**6. Sport Ireland - Leadership Grant (Dormant Accounts Funding) grant deferral**

	2022	2021
	€	€
Grant received during the year	15,000	11,000
Unspent grant brought forward	10,908	8,138
Grant released during the year	(7,658)	(8,230)
<b>Unspent grant carried forward</b>	<b>18,250</b>	<b>10,908</b>

**7. Sport Ireland - Urban Outdoor Adventure Initiatives (Dormant Accounts Funding) grant deferral**

	2022	2021
	€	€
Grant received during the year	21,980	30,150
Unspent grant brought forward	38,690	13,655
Grant released during the year	(28,967)	(5,115)
<b>Unspent grant carried forward</b>	<b>31,703</b>	<b>38,690</b>

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****8. Sport Ireland Volunteer Training and Supports (Dormant Accounts Funding) grant deferral**

	2022	2021
	€	€
Grant received during the year	23,135	24,715
Unspent grant brought forward	18,875	15,001
Grant released during the year	(19,370)	(20,841)
<b>Unspent grant carried forward</b>	<b>22,640</b>	<b>18,875</b>

**9. Sport Ireland - Sports Inclusion Disability Projects (Dormant Accounts Funding) grant deferral**

	2022	2021
	€	€
Grant received during the year	21,500	22,875
Unspent grant brought forward	39,462	26,520
Grant released during the year	(10,933)	(9,933)
<b>Unspent grant carried forward</b>	<b>50,029</b>	<b>39,462</b>

**10. Sport Ireland - Active Cities (Dormant Accounts Funding) grant deferral**

	2022	2021
	€	€
Grant received during the year	165,500	173,000
Unspent grant brought forward	195,546	180,000
Grant released during the year	(80,617)	(157,454)
<b>Unspent grant carried forward</b>	<b>280,429</b>	<b>195,546</b>

**11. Sport Ireland - Covid-19 Grant scheme (Clubs and Communities)**

	2022	2021
	€	€
Grant received during the year	210,800	192,031
Unspent grant brought forward	202,158	143,918
Grant released during the year	(202,506)	(133,791)
<b>Unspent grant carried forward</b>	<b>210,452</b>	<b>202,158</b>

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****12. Sport Ireland - Get Girls Active (Dormant Accounts Funding)**

	2022	2021
	€	€
Grant received during the year	5,850	-
Unspent grant brought forward	-	-
Grant released during the year	-	-
<b>Unspent grant carried forward</b>	<b>5,850</b>	<b>-</b>

**13. Sport Ireland - Department of Health Slaintecare Integration Fund (Dormant Account Funding)**

	2022	2021
	€	€
Grant received during the year	175,246	34,340
Unspent grant brought forward	-	49,443
Grant released during the year	(76,267)	(83,783)
<b>Unspent grant carried forward</b>	<b>98,979</b>	<b>-</b>

**14. Sport Ireland - Research Grant**

	2022	2021
	€	€
Grant received during the year	13,500	-
Unspent grant brought forward	-	-
Grant released during the year	-	-
<b>Unspent grant carried forward</b>	<b>13,500</b>	<b>-</b>

**15. Sport Ireland - Physical Activity Health Pilot**

	2022	2021
	€	€
Grant received during the year	60,833	-
Unspent grant brought forward	-	-
Grant released during the year	-	-
<b>Unspent grant carried forward</b>	<b>60,833</b>	<b>-</b>

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022**

	2022	2021
	€	€
Total of all Sport Ireland deferred grants at year end (note 22)	<b>863,374</b>	<b>591,969</b>

**16. Income**

The total income of the company for the period has been derived from its principal activity wholly undertaken within Ireland.

**17. Surplus on ordinary activities before taxation**

The operating surplus is stated after charging:

	2022	2021
	€	€
Depreciation of tangible fixed assets	54,862	39,085
Defined contribution pension cost	22,356	31,445

**18. Employees**

The average monthly number of employees, including the directors, during the year was as follows:

	2022	2021
	No.	No.
Employees	<b>11</b>	<b>11</b>

Number of employees whose benefits are €60,000 or greater:

	No. of Employees 2022	No. of Employees 2021
€60,000	<b>1</b>	<b>1</b>

No directors' remuneration was paid during the current or prior year.

**19. Taxation**

Cork Local Sports Partnership Company Limited by Guarantee is exempt from Corporation Tax in Ireland. The company is fully tax compliant.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****20. Tangible fixed assets**

	Fixtures, fittings and equipment €	Website €	Total €
<b>Cost or valuation</b>			
At 1 January 2022	228,412	3,663	232,075
Additions	82,996	-	82,996
At 31 December 2022	<u>311,408</u>	<u>3,663</u>	<u>315,071</u>
<b>Depreciation</b>			
At 1 January 2022	100,484	3,663	104,147
Charge for the year on owned assets	54,862	-	54,862
At 31 December 2022	<u>155,346</u>	<u>3,663</u>	<u>159,009</u>
<b>Net book value</b>			
At 31 December 2022	<u>156,062</u>	<u>-</u>	<u>156,062</u>
At 31 December 2021	<u>127,928</u>	<u>-</u>	<u>127,928</u>

**21. Debtors**

	2022 €	2021 €
Trade debtors	66,212	61,198
Other debtors	6,878	25,377
Prepayments	1,122	643
	<u>74,212</u>	<u>87,218</u>

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022****22. Creditors: Amounts falling due within one year**

	2022 €	2021 €
Company credit card	1,275	672
Trade creditors	50,814	24,645
Taxation and social insurance	23,522	11,565
Deferred income	20,375	37,521
Accruals	28,847	20,927
Deferred grant income - Sport Ireland	863,374	591,969
	<u>988,207</u>	<u>687,299</u>

**23. Prior period adjustment**

In the 2021 Financial statements a contribution of €82,460 from dormant funding was incorrectly recorded which resulted in other funding development income and staff salaries being over stated by €82,460. These figures have now been restated to the correct amounts which has reduced income and expenditures for year ended 31st December 2021 by €82,460.

**24. Reserves****Income and expenditure account**

The income and expenditure account represents cumulative gains and losses recognised in the income and expenditure account, net of transfers to / from other reserves.

**25. Company status**

The company is limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding €1 towards the assets of the company in the event of liquidation.

**26. Approval of financial statement**

The board of directors approved these financial statements for issue on 18 May 2023

Registered number:**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY  
GUARANTEE****DETAILED ACCOUNTS****FOR THE YEAR ENDED 31 DECEMBER 2022****CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****DETAILED INCOME AND EXPENDITURE ACCOUNT  
FOR THE YEAR ENDED 31 DECEMBER 2022**

	2022	<i>As Restated</i> 2021
Note	€	€
Income	<u>1,505,422</u>	<u>1,349,146</u>
<b>Less: expenditure</b>		
Administration expenses	<u>(1,456,346)</u>	<u>(1,329,425)</u>
<b>Surplus for the year</b>	<u>49,076</u>	<u>19,721</u>



**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****SCHEDULE TO THE DETAILED ACCOUNTS  
FOR THE YEAR ENDED 31 DECEMBER 2022**

	2022	As Restated 2021
	€	€
<b>Income</b>		
Sport Ireland - Core Grant	547,776	515,964
Women in Sport	16,980	5,094
Active Communities	155,948	49,859
Cycle Right	29,570	26,455
Cork sports programme	38,414	21,427
Other funding - Development officers (SDO,SPO,SIDO,ADO,BDO &PL)	87,354	122,168
Rebel run	21,308	9,867
Supported participation events	84,306	64,000
Safeguarding training	34,491	17,697
Cork County Council - Healthy Ireland (Dormant Accounts Funding)	-	34,758
Cork City Council - Healthy Ireland (Dormant Accounts Funding)	12,328	17,513
Sport Ireland - Slaintecare Integration Fund (Dormant Account Funding)	76,267	83,783
Sport Ireland - Sports Hub Grant (Dormant Accounts Funding)	50,629	43,075
Sport Ireland - Community Coaching Grant (Dormant Accounts Funding)	-	2,122
Sport Ireland - Leadership Grant (Dormant Accounts Funding)	7,658	8,230
Sport Ireland - Urban Outdoor Adventure Initiatives (Dormant Funding)	28,967	5,115
Sport Ireland - Volunteer Training & Supports (Dormant Account Funding)	19,370	20,841
Sport Ireland - Sports Inclusion Disability Projects (Dormant Accounts Funding)	10,933	9,933
Sport Ireland - Covid19 Grand Scheme Dormant Account Funding ( Clubs and Communities)	202,506	133,791
Sport Ireland - Active Cities (Dormant Accounts Funding)	80,617	157,454
	<u>1,505,422</u>	<u>1,349,146</u>

The Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media and the Department for Health are the sponsoring department for all Sport Ireland grant income.

The Department of Health is the sponsoring department for Slaintecare Integration grant income.

Healthy Ireland Funding was distributed and administered by the Department of Health, the sponsoring department for Healthy Ireland Funding.

**CORK LOCAL SPORTS PARTNERSHIP COMPANY LIMITED BY GUARANTEE****SCHEDULE TO THE DETAILED ACCOUNTS  
FOR THE YEAR ENDED 31 DECEMBER 2022**

	2022	As Restated 2021
	€	€
<b>Administration expenses</b>		
Staff salaries	393,408	394,305
Employer PRSI	53,731	51,645
Staff pension costs	22,356	31,445
Staff training	1,940	2,817
Remote Work / Travel	10,199	13,108
Accountancy	10,886	11,105
Printing and stationery	3,670	8,795
Telephone and fax	10,246	6,044
Trade subscriptions	1,005	1,650
Auditors' remuneration	3,690	3,383
Bank charges	340	373
General expenses	4,517	4,414
Insurance and rates	10,758	9,054
Cork sports programme	46,966	39,822
IT maintenance and support	6,367	5,533
Governance ( Including health and safety)	18,587	4,540
Active Communities	162,657	70,071
Depreciation of tangible assets	4,837	3,946
Utility costs	1,468	2,076
Digital Marketing/ Website	28,769	20,163
Woman in Sport	13,596	8,661
Storage costs	6,027	4,911
Safeguarding training	29,213	21,620
Rebel run	19,437	10,327
Supported participation events	72,297	54,124
Cycle Right programme	30,106	28,877
Cork County Council - Healthy Ireland (Dormant Account Funding)	-	34,758
Cork City Council - Healthy Ireland (Dormant Account Funding)	12,328	17,513
Sport Ireland - Slaintecare Integration Fund (Dormant Account Funding)	76,266	83,783
Sport Ireland - Sports Hub Grant (Dormant Account Funding)	50,629	43,075
Sport Ireland - Community Coaching Grant (Dormant Account Funding)	-	2,123
Sport Ireland - Leadership Grant (Dormant Account Funding)	7,658	8,230
Sport Ireland - Urban Outdoor Adv Initiatives (Dormant Account Funding)	28,967	5,115
Sport Ireland - Volunteer Training and Supports (Dormant Accounts Funding)	19,370	20,841
Sport Ireland - Sports Inclusion Disability Projects (Dormant Accounts Funding)	10,933	9,933
Sport Ireland - Covid Grant Scheme Dormant Account Funding (Clubs and Communities)	202,506	133,791
Sport Ireland - Active Cities (Dormant Account Funding)	80,616	157,454
	<u>1,456,346</u>	<u>1,329,425</u>

## Abbreviations:

- Cork Local Sports Partnership – CLSP
- Sport Ireland – SI
- National Governing Bodies of Sport – NGBs
- Local Sports Partnerships – LSPs
- Institute of Public Administration – IPA
- Governance Framework – GF
- Munster Technology University – MTU
- University College Cork – UCC
- Health Service Executive – HSE
- Dormant Accounts Fund – DAF
- Sport Inclusion Disability Officer – SIDO
- Healthy Ireland – HI
- Local Community Development Committees – LCDC
- Benefit in Kind – BIK

Working Together to  
**Keep Cork Active**



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Cork  
Sports Partnership  
Comhpháirtíocht  
Spóirt Chorcaí

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