



SPÓRT ÉIREANN
SPORT IRELAND

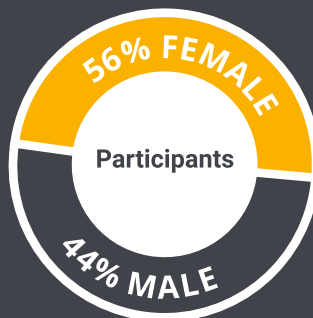


Comhairle Contae Lú
Louth County Council
S P O R T



2024 ANNUAL REPORT

LOUTH LOCAL SPORTS PARTNERSHIP 2024 ANNUAL REPORT



21,705

People participated in or attended over **534** locally delivered participation initiatives



538
females took part in
HER Outdoors



2,168
people with a disability
participated in our
programmes and events

78
girls took part in
HER Moves
events



1,500
girls participated in
Louth School Girls League



5 Sport Ireland funded staff supported by LCC Sports Unit Staff & Facilities

134 men took part in
Men on the Move

590 people trained
in Safeguarding

79 adults took part in
Inclusive Summer Camps

319 participants
upskilled under Volunteer
Support Funding

1,496 children took part in
School Basketball
Coaching

€541,811 in funding secured for Louth

€349,811 directly from
Sport Ireland

€10,000 Sport Ireland
Women In Sport

€154,600 Dormant
Accounts Fund

€17,000 HSE Grant

€10,000 Government
Departments

Who we targeted:

- Disadvantaged Areas
- Young People
- Women & Girls
- Unemployed
- Volunteers
- Older Adults
- People with Disabilities
- Ethnic Minorities
- Men Over 35
- Clubs

Contents

Message from Chairperson	2
Foreword from the Coordinator	3

Section 1

Background, Funding & Resources	4
1.1 Background to the LSP Network	5
1.2 Sport Ireland LSP Funding	5
1.3 LLSP Funding Sources	7
1.4 LLSP Staff & Committee	8
1.5 Sport Ireland Supports	9

Section 2

Achievements of Louth Local Sports Partnership in 2024	10
2.1 Introduction	11
2.2 Development of Local Sports Clubs and Communities	12
2.3 Training & Education Workshops and Courses	15
2.4 Overview of Training & Education Courses delivered in 2024	16
2.5 LSP Participation Initiatives	19
2.5.1 LLSP Participation Initiative Highlights 2024	20
2.6 Building and Sustaining Partnerships	30
2.7 Networking, Advocacy and Awareness Raising	31
2.8 Partnership Engagement	31

Section 3

Programme Case Study	32
-----------------------------	-----------

Section 4

Next Steps for Louth Local Sports Authority	35
4.1 Looking forward to 2025	36

Appendices

Appendix A	38
Appendix B	38

Message from Chairperson of **Louth Local Sports Partnership**

On behalf of the Committee of Louth Local Sports Partnership, it gives me great pleasure to welcome the publication of the 2024 Annual Report.

This report highlights the extensive reach and impact of Louth Sports Partnership in facilitating access to both recreational and competitive sporting opportunities across our county. The breadth of programmes and initiatives showcased throughout these pages reflects our ongoing commitment to making sport and physical activity accessible, inclusive, and enjoyable for all members of the community.

We are particularly grateful to Graham Russell and the dedicated team at Louth Sports Partnership. Their passion, skill, and tireless work have been instrumental in the successful delivery of engaging and inclusive programmes that cater to people of all ages, abilities, and interests. Through their efforts, a lasting culture of participation and a lifelong love of sport is being nurtured in our community.

I would also like to express my sincere thanks to all past and present members of the LSP Committee for their dedication and for representing their respective sporting and community organisations with integrity and enthusiasm.

Our appreciation extends to Sport Ireland and Louth County Council for their continued support and investment in the development of sport and physical activity in County Louth.

Together, we look forward to building on the successes of 2024 and to continuing our shared mission of creating a healthier, more active county for everyone.

Is mise le meas,



Chairperson

Louth Local Sports Partnership



Foreword from the Coordinator of **Louth Local Sports Partnership**

It gives me great pleasure to present the 2024 Annual Report for Louth Local Sports Partnership.

Following the celebration of our 15th anniversary in 2023, Louth LSP entered 2024 with renewed purpose, energy, and ambition. Over the past year, we have continued to grow and evolve, building on a strong foundation established since 2008. With the continued support of Sport Ireland and Louth County Council, our structures remain robust and future-proofed - ensuring we are well equipped to lead the way in promoting physical activity and inclusive sport across the county for years to come.

In 2024, Louth LSP further strengthened its connection with local clubs, communities, and schools, working alongside the thousands of passionate volunteers who are the driving force behind sport in our county. Together, we have created opportunities for people of all ages, backgrounds, and abilities to participate in sport and physical activity—right in the heart of their own communities. Whether through walking programmes, inclusive cycling, youth leadership, or club support initiatives, we have strived to ensure that everyone in Louth has the chance to get active and stay active.

This Annual Report reflects the innovative, inclusive, and collaborative work undertaken by Louth LSP throughout 2024. It has been submitted to the Louth LSP Committee, the Chief Executive of Louth County Council, and Sport Ireland, in line with the Governance Code for Sport. The report outlines our progress in several key areas, including:

- The number of people participating in Louth LSP-supported initiatives
- The delivery of programmes and events across the county
- Support for clubs and organisations in building capacity and resilience
- Recognition and development of volunteers who make sport possible at the grassroots level

A key highlight in 2024 was our second Sports Club Volunteer of the Year Awards Night, held in November. Building on the success of its launch in 2023, this year's event welcomed over 300 attendees and honoured more than 110 volunteers. It was an inspiring evening that showcased the spirit of volunteerism and the vital role these individuals play in their communities in Co. Louth.

I would like to extend my sincere thanks to the Louth LSP staff team and the wider Sports Unit of Louth County Council. Their commitment, innovation, and adaptability continue to increase the range and impact of opportunities available to people of all ages and abilities across the county.

Finally, I would like to acknowledge and thank the LSP Committee, our partner agencies, schools, clubs, and community groups. Your ongoing support and collaboration ensure that sport and physical activity continue to thrive at a local level - making Louth a more active, connected, and healthy place to live.

Graham Rully

Head of Sport
Louth LSP & Louth County Council



Section 1

Background, Funding and Resources

1



1.1. Background to the LSP Network

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

The National Sports Policy recognises the key roles played by the Local Sports Partnerships in sports participation and how they can assist in the delivery of the participation actions set out in this Policy. The National Sports Policy has a total of 57 actions, 26 of which have significance for Local Sports Partnerships. 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).

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

(National Sports Policy 2018-2027)

Louth LSP operates with the support, investment and leadership of Sport Ireland and we support Sport Ireland 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 informed locally by the relevant plans and strategies of our local partners, including Louth County Council's Local Economic and Community Plan.

1.2. Sport Ireland LSP Funding

Over the past 22 years the network of LSPs has flourished, on a journey that has seen the growth from a pilot initiative in eight counties, to 29 LSPs, one in every county.

The significant growth of Sport Ireland's network of LSPs reflects the reputation the network has built as local experts in developing opportunities for sport and physical activity, as well as the trust and recognition the LSPs have now gained at a national and local level.

The LSPs are no longer simply organisations that deliver programmes at a local level. They are now key stakeholders in shaping and delivering on policy, creating strategic partnerships, and leaders in influencing the landscape of sport and physical activity at a local level.

For 2024, the Sport Ireland investment increased across the network of 29 Local Sports Partnerships (LSPs), with a total investment of €11,384,324. Sport Ireland utilised this 2024 funding to continue to enhance the capacity of LSPs and increase the reach and impact of LSP initiatives across Ireland. The 2024 investment strategy is informed by the goals of the Sport Ireland Strategy and the actions of the National Sports Policy and the National Physical Activity Plan which are now captured in the Sport Ireland Sports Participation Plan. Sport Ireland's strategy remains focused on increasing the capacity and stability of the LSP network along with continued investment in the local promotion of LSP activity, opportunities and national campaigns to build awareness of the LSP network across the country.

The investment strategy ensured that LSPs could deliver and sustain programmes and provide the necessary support to clubs and communities to participate in sport, in 2024.

Key themes of the Sport Ireland 2024 Local Sports Partnership Investment

Sport Inclusion Disability Officers

In 2024, Sport Ireland invested €1,000,858 to continue supporting the full network of 29 Sport Inclusion Disability Officers (SIDOs). The aim of the Sports Inclusion Disability Programme is to encourage and facilitate more people with disabilities to participate in sport and physical activity and develop sustainable clubs and programmes in all settings. The SIDOs work in a coordinating capacity with all relevant stakeholders to increase and sustain participation opportunities for people with disabilities.

Community Sport Development Officers

Sport Ireland invested €1,015,000 in the LSP network for the employment of Community Sport Development Officers (CSDOs), which ensured funding support to all 29 LSPs for employment of a CSDO. CSDOs are tasked with activating local communities through a variety of means including the co-ordination of targeted programmes and training initiatives for clubs and communities. CSDOs are also tasked with increasing the reach of LSPs to ethnic minorities and teenagers. The CSDOs also support the objectives of the National Physical Activity Plan action to 'Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes.'

Additional LSP Officers In 2024

Sport Ireland invested €1,191,729 to maintain roles across the 29 LSPs which focus of specific local needs of an LSP. The officers cover the following priority areas; Governance and Finance, Community and Club Development, Ethnic Diversity, Outdoor Sport Development, Promotion and Building Awareness, Women in Sport and Administration support.

Programme Managers

Sport Ireland continued to support the growth of the LSPs by funding a new middle management structure within the LSPs in the form of a Programme Manager role. €1,081,540 has been invested in the role out of this new position across the LSP network. This role will focus on supporting the management function, the development of the community and club initiatives as well as the coordination of the programmes in the LSP. This new role will bring the minimum number of staff in every LSP to six people, further facilitating the ability of the LSP to build and maintain consistent opportunities in every county in Ireland.

Women in Sport

Additional support for Women in Sport is referenced in the National Sports Policy, specifically referring to the high-level goal of increasing participation through the "elimination of active sport participation gradient between men and women". The Women in Sport allocation to the Local Sports Partnerships in 2024 was €277,000. The LSPs focused on specific initiatives on female target groups including women in disadvantaged communities, women with a disability, older women, women from ethnic minorities and teenage girls. The LSPs will also explore ways of increasing female social participation in sport through club membership and volunteerism.

Programmes and Development

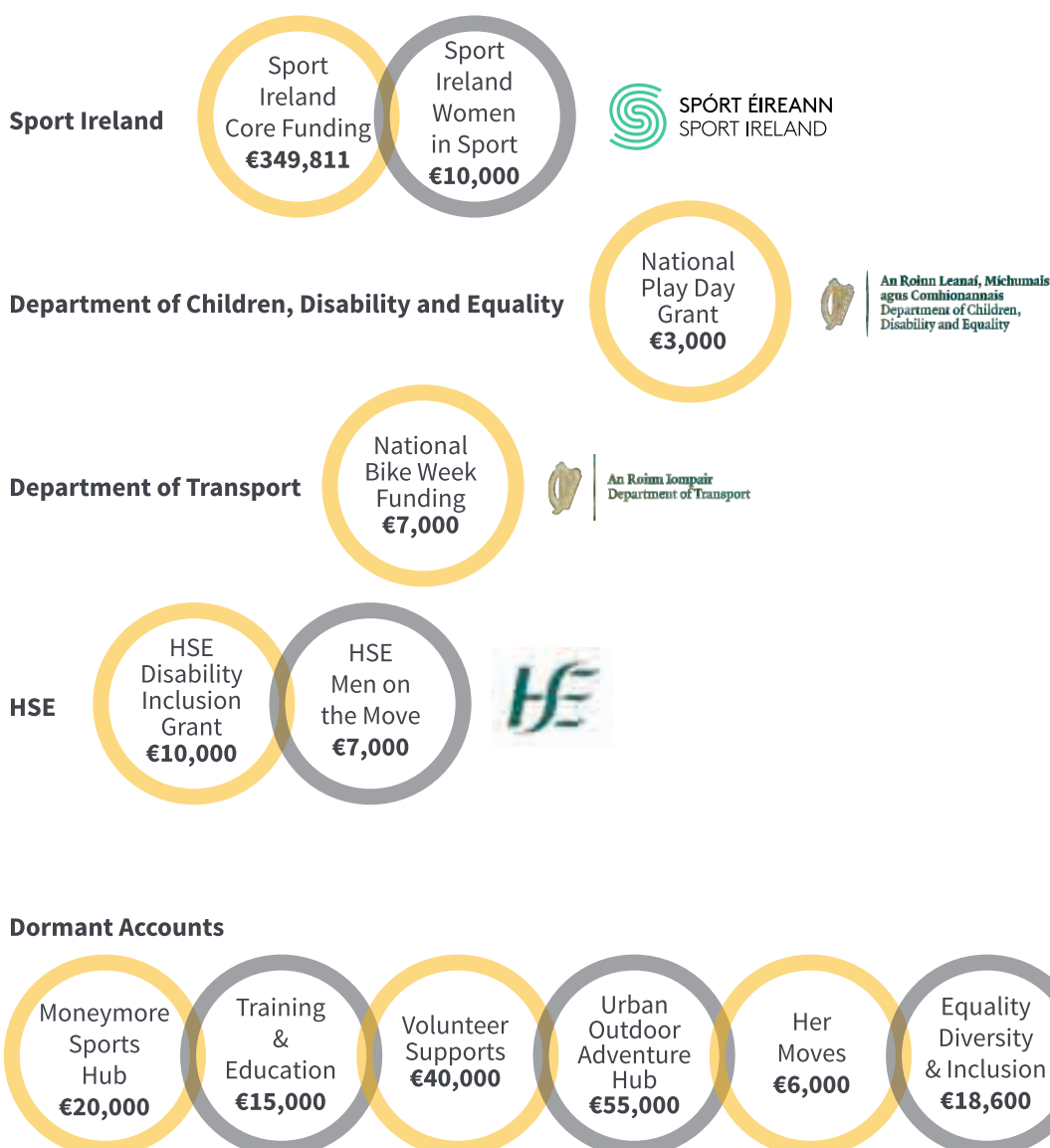
In 2024, Sport Ireland maintained the level of funding to support with LSP operating costs and programme funding of €2,075,339. By investing in the development and implementation of targeted programmes and leveraging the support provided to clubs to encourage them to engage with underrepresented groups, this funding will support the delivery of Actions 5, 6, 9, 14 and 28 of the National Sports Policy.

Local Sports Plans

Action 8 of the National Sports Policy has tasked Sport Ireland with leading on the development of Local Sports Plans. Sport Ireland have been working with the County and City Managers Association (CCMA) Economic, Enterprise, Community and Culture Committee to highlight the role and value of LSPs and discuss the development of Local Sports Plans. Sport Ireland are working with the CCMA on the recruitment and employment of LSP staff, LSP governance code compliance in a Local Authority context and Sport Ireland funding strategies for the Local Authority based LSPs. Sport Ireland ring fenced funding in the 2024 participation unit budget to assist LSPs and Local Authorities in the development of Local Sports Plans.

1.3. LLSP Funding Sources

In total Louth Local Sports Partnership secured €541,411 in 2024 to deliver on our remit from a variety of sources including Sport Ireland, HSE, Dormant Accounts, Dept. of Transport, and Dept of Children, Disability and Equality.



1.4. LLSP Staff & Committee

LLSP Staff & Overview of Roles

LLSP core staff members are funded by Sport Ireland while other Local Sports Partnership personnel are funded through other sources. Along with Coordinators and Administrators, there were 29 Community Sports Development Officers (CSDOs) and 29 sports Inclusion Disability Officers (SIDOs supported through Sport Ireland funding within the LSP network in 2024 This increased staffing levels to a minimum of 4 positions in all 29 Local Sports Partnerships and delivered on Action 12 of the National Sports Policy which specifically relates to the following:

“In addressing the disability gradients in participation, we will explore the possibility of introducing national network of Sports Inclusion Disability Officers (SIDOs) aligned to the LSP network. These SIDOs would be expected to work closely with relevant NGBs, the disability sector, leisure centre providers, the ACTIVE DISABILITY IRELAND Centre and other stakeholders in providing opportunities for people with disabilities to take part in sport”.

There were five full time members of staff in LLSP during 2024.

Coordinator – **Graham Russell** – Appointed in 2014

Administrator – **Áine McDonald** – Appointed in 2017

Senior Sports Officer – **Odhran Doherty** – Appointed in 2022

Community Sports Development Officer – **Barry Casey** – Appointed in 2018

Sports Inclusion Disability Officer – **Julie Duffy** – Appointed in 2023

Louth Sports Partnership Committee Members 2024

The Louth LSP Committee brings specific skill sets to their work within the LSP. This expertise is in the areas of finance and management, as well as public relations, governance, and human resources. All of this helps to contribute to the effective running of Louth Sports Partnership.

Name	Organisation
Oreena Lawless (<i>Chairperson</i>)	Primary Schools Representative
Finbar Gethins	Louth County Council
David Cranny	DkIT
Ciaran Reid	Louth Local Development
Cllr Shane McGuinness	Elected Representative
Pierce Caherty	Louth GAA
Mark Garvey	HSE
Stephen McArdle	LMETB
Paul Burke	An Garda Síochana
Sonya McEneaney	PEAI
Fiona Hackett	Louth PPN
Olivia Wall	Disability Sport Representative
Muireann O'Connell	Youth Representative
Rachel Gaughran	Sports Representative
Francis Murphy	Chamber of Commerce

Louth Local Sports Partnership also operated the following Executive and Sub Committees in 2024.

Executive Committee

Name	Organisation
Oreena Lawless	Primary Schools Representative
Finbar Gethins	Louth County Council
David Cranny	DKIT
Paul Burke	An Garda Síochana

Strategic Plan Sub-Committee

Name	Organisation
Oreena Lawless	Primary Schools Representative
Mark Garvey	HSE
David Cranny	DKIT

Club Grant Sub Committee

Name	Organisation
Stephen McArdle	LMETB
Pierce Caherty	Louth GAA
Fiona Hackett	Louth PPN

Governance Sub Committee

Name	Organisation
Ciaran Reid	Louth Local Development
David Cranny	DKIT

1.5. Sport Ireland Supports Sport Ireland Participation Unit

Sport Ireland engage with the Local Sports Partnerships and their staff on a regular basis. Over the course of 2024, Sport Ireland met with the LSP Coordinators both virtually and in person on a regular basis. Through these meetings Sport Ireland provided updates to the LSP Coordinators on the work Sport Ireland is undertaking, and any upcoming events, deadlines, or campaigns of relevance to them. Additionally, these meetings created an environment for Coordinators to raise any issues, challenges or opportunities they may be encountering or discuss topics of relevance, both with Sport Ireland and their fellow Coordinators.

Midway through the year LSPs provide a mid-year report and at the end of each year the LSPs complete their annual report for Sport Ireland. In 2024 LSPs were requested to provide regular updates on their continued compliance to the Governance Code for Sport.

2

Section 2

Achievements of Louth Local Sports Partnership in 2024



2.1. Introduction

Louth Local Sports Partnership (LLSP) plays a vital role in fostering a healthier, more physically active society within Co. Louth. As a key component of the Sports Unit within Louth County Council and operating under the strategic guidance of Sport Ireland, Louth LSP is at the heart of community engagement in sport and physical activity. Our remit is broad, yet focused to make sport and physical activity accessible, inclusive, and sustainable for people of all ages, backgrounds, and abilities.

We work with individuals, community organisations, local sports clubs, schools, and statutory agencies to identify need and respond with targeted, effective initiatives. This collaborative approach ensures that our work is deeply rooted in the needs of the local population and aligned with national sport, health and well-being goals.

Our work is organised across four strategic pillars:

1

Participation

We aim to ensure that every individual in County Louth has access to sport and physical activity opportunities, regardless of age, gender, ability, or background.

2

Sustainable Infrastructures

We support the development of long term sport and physical activity infrastructure by supporting and working with volunteers, clubs, schools, community groups and partners to increase the capacity to deliver opportunities locally.

3

Education and Training

We empower coaches, volunteers, and community leaders by providing them with the knowledge and skills needed to deliver safe, high-quality, and inclusive participation opportunities.

4

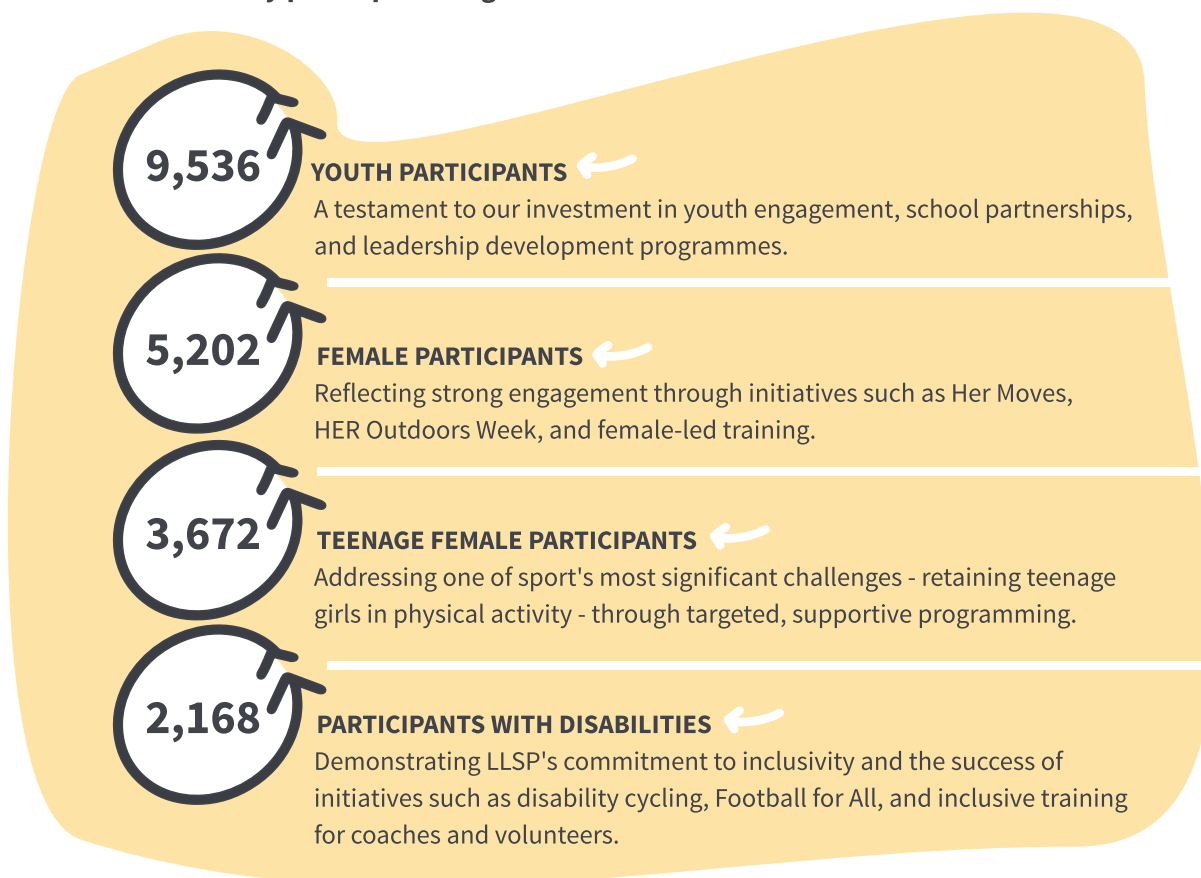
Information Hub

We act as a central source of information and resources for sports participation and healthy living throughout the county.

The year 2024 was one of growth, innovation, and deepened community engagement for Louth Local Sports Partnership. Over the course of the year, we delivered a total of 534 programmes, events, initiatives, and workshops, marking a new high in the scale of our activity and outreach.

These programmes collectively reached 21,705 participants, reflecting a significant year on year increase and demonstrating the effectiveness of our outreach strategies and community collaboration. This increase is not simply about numbers, it reflects a growing trust in our services, a growing appetite for active lifestyles in the county, and the strength of the partnerships we have nurtured.

Breakdown of key participation figures:



These figures represent not only the volume of engagement but also the diversity and depth of our impact. Our work continues to evolve in response to changing community needs, and we are proud to see growth in every key demographic group.

2.2. Development of Local Sports Clubs and Communities

A key focus for Louth Local Sports Partnership, and all LSPs, is that there is a sustainable level of development within the local sports structures. Louth LSP works with clubs and groups to ensure that structures are in place to enable participation for all community members in a wide range of sport or physical activity opportunities. This sustainable environment is facilitated through supporting volunteers and coaches in opportunities to enhance their skills and improve the quality of sports participation in their communities.

Funding for Clubs & Community Support

Small Club Grant

In 2024, Louth Local Sports Partnership provided a total of €43,635 in funding support through our Small Club Grant to fifty-six clubs and community across County Louth. The table below provides a breakdown of funding distributed locally through 2024 to support the provision of sport and physical activity in Louth.

Club	Programme Overview	Amount Rec.
Ardee Archery Club	Upgrade of equipment to include participants of all abilities	€1000
Ardee Badminton Club	Community Outreach Programme	€1000
Ardee Boxing Club	Disability Programme	€1000
Ardee St. Mary's GAA	GAA All Stars Programme	€1000
Autism Support Louth & Meath Activity Clubs	After Schools Activity Club	€1000
Blackrock Badminton Club	Women in Sport Programme	€500
Boyne RFC	Teenage Girls Participation Programme	€500
Carlingford Celtic F.C.	New Team for Girls participation	€1000
Carlingford Knights RFC	Teenage Girls Participation Programme	€500
Clann Naofa Boxing Academy	High 5 Inclusive Boxing Programme	€1000
Cooley Camogie Club	Girls & Women Social Camogie Programme	€500
Culture Connect CLG	Ethnic Minority Integration Programme	€1000
Development Perspectives	Ethnic Minority Watersport Programme	€1000
Dowdallshill GF&AC	Development of a Nursery Programme	€565
Drogheda & District Anglers Club	Introduction to Angling Programme	€250
Drogheda Filipino-Irish Community (DFIC)	Ethnic Minority Integration Programme	€750
Drogheda Marsh Crescent Football Club	Equipment for a new team within the club	€500
Drogheda Special Olympics	Equipment for Summer Sports Programme	€1000
Drogheda Water Polo	Equipment for Outdoor Water Polo Programme	€1000
Dundalk Active Retirement	Exercise Programme for Older Adults	€500
Dundalk Cricket Club	Programme to recruit and introduce new members	€650
Dundalk Traveler Women's Group	Walking & Pilates Group for Traveler Women	€870
Dundalk Young Irelands GFC	GAA All Stars Programme	€1000
Dynamites Basketball Club	Social Basketball Programme for Women	€250
Geraldines GFC	Committee Governance Training	€1000
Glen Emmets GFC	GAA All Stars Programme	€500
Glyde Rangers GFC	Community Walking Programme	€500
Hybrid Martial Arts	Introduction to Martial Arts for Teenage Girls	€750
Kilkerley Athletic Club	New Club set up costs	€1000
Kilkerley Emmets GFC	Gaelic for Mothers & Others Programme	€250

Club	Programme Overview	Amount Rec.
Killineer Pitch and Putt	Community Outreach Programme to attract new members	€1000
Knockbridge Hurling Club	Ethnic Minority Integration Programme	€500
Mattock Rangers	Set up of Social Volleyball and Badminton Groups	€1000
Naomh Fionnbarra & St. Annes GFC	Gaelic for Mothers & Others Programme	€500
Naomh Mairtin All Stars	GAA All Stars Programme	€500
Naomh Moninne Hurling Club	Community Outreach Programme to attract new members	€1000
Newtown Blues GFC	GAA All Stars Summer Programme	€1000
North East Judo Academy	Teenage Girls Participation Programme	€1000
O'Connell's GFC	New Ladies team set up costs	€1000
O'Raghallaigh's GFC	Purchase of sensory equipment to support children with additional needs	€750
Oriel Pickleball	New Club set up	€1000
Pavee Roots	New Bowls Club set up	€1000
Red Dragon	Community Outreach Programme to attract new members	€500
Rossin Rovers AFC	Girls Participation Programme & Walking Football for Older Adults	€1000
Seapoint Pitch & Putt Club	Older Adult & Juvenile Participation Programme	€1000
Setanta Triathlon Club	Women's Try a Tri Programme	€500
Shamrocks FC Dundalk	Community Outreach Programme to attract new members	€500
St. Brides Camogie Club	Community Outreach Programme to attract new members	€500
St. Brides Ladies	Development of a Girls Nursery Programme	€500
St. Dominics FC	Expansion of Nursery Programme within the club	€500
St. Fechains GAA	Gaelic for Mothers & Other Programme	€750
St. Nicholas GFC	Community Outreach Programme to attract new members	€1000
St. Patrick's GFC	GAA All Stars Programme	€500
Warriors On Wheels	Inclusive Exercise Classes for Adults with a Physical Disability	€800
Westerns GFC	Teenage Girls Participation Programme	€1000
Wolfe Tones, GFC	Hurling Development Programme	€1000

These supports played a crucial role in maintaining the growth of local sport and physical activity opportunities, particularly in rural and disadvantaged communities. Many supported clubs and groups introduced new participation opportunities for underrepresented groups, helping to foster a culture of lifelong involvement in sport and physical activity.

Club Development Work

Louth Local Sports Partnership support providers of sport and physical activity across the county, as well as working with sports clubs, communities and individuals to introduce new opportunities and pathways for participation in sport and physical activity within the county.

To this end in 2024 Louth LSP supported the development of five new clubs/groups to be developed in the county during the year.

These clubs were:

Club	Activity	Location
Kilkerley Athletics Club	Athletics	Kilkerley
Oriel Pickleball Club	Pickleball	Dundalk
Redeemer Bowls Club	Indoor Bowls	Dundalk
Louth Disability Cycling Club	Cycling	Countywide
Drogheda Pickleball Club	Pickleball	Drogheda

Louth LSP plays a key role in advising clubs in the areas of planning, evaluation and in the development of governance standards and policies. This support enables clubs to create sustainable high functioning structures within their communities thus protecting the long-term development of sport and physical activity within Louth.

2.3 Training & Education Workshops & Courses

To strengthen the volunteer and coaching capacity in sports clubs and community groups across Co. Louth, Louth LSP facilitated 92 training workshops and courses throughout 2024.

Courses offered included:

Safeguarding Training (Levels 1, 2, 3)	
Disability Inclusion	
Autism in Sport	
First Aid	
Coaching Teenage Girls	
Coaching Children	
Youth Leadership	
Physical Activity Leader (PALS) Training	
Walk Leader Training	

This investment in education and training contributes to the development and inclusivity of local sports structures and helps build confidence among both new and existing volunteers.

2.4. Overview of Training and Education Courses delivered in 2024

The information below illustrates the breakdown of Louth Local Sports Partnerships Training and Education courses for 2024:

Safeguarding

Sport Ireland's Safeguarding programme facilitated locally by Louth Local Sports Partnership is aimed at sports leaders and adults who are involved in the organisation of sport for children and young people. The goal of the programme is to promote awareness of best practice and legal requirements in safeguarding and child protection. To advance this function, Sport Ireland offers three workshops in safeguarding and child protection.



The details of these workshops are outlined below:

Safeguarding 1 Child Welfare & Protection Basic Awareness	Safeguarding 2 Club Children's Officer	Safeguarding 3 Designated Liaison Person
All Coaches, Children's Officers and Designated Liaison Persons must first complete the 3 hour Child Welfare and Protection Basic Awareness Workshop. This Workshop educates participants on the implementation of best practice and legal requirements in protecting the welfare of children involved in sport	A person appointed to the Club Children's Officer position in a club must complete Safeguarding 1 (Child Welfare & Protection Basic Awareness Workshop) and follow this with the Club Children's Officer 3 hour Workshop. This Workshop will help the Club Children's Officer to carry out the function of their role in the club and support the implementation of best practice in the area of safeguarding in the club	A person appointed to the Designated Liaison Person position in a club must have completed Safeguarding 1 (Child Welfare & Protection Basic Awareness Workshop) and should complete the Designated Liaison Person 3 hour workshop. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles

Club Children's Officer

The Club Children's Officer should be child-centred in focus and have, as the primary aim, the establishment of a child-centred ethos within the club. They are the link between the children and the adults in the club. They also take responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and sports leaders.

Designated Liaison Person

Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána/PSNI. It is recommended that this person is a senior club person. However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as Designated Liaison Person once the club/organisation is clear about the responsibilities of each role. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person, and the responsibilities attached to the role.

Safeguarding courses delivered in 2024

In 2024, Louth Local Sports Partnership facilitated 590 Sports Leaders and Volunteers to complete 37 Safeguarding training courses. The table below provides an overview of Safeguarding training facilitated by Louth LSP in 2024:

	Date of course	No. Attended	Male	Female
1	Jan 25 th	16	11	5
2	Jan 29 th	15	3	12
3	Jan 31 st	19	11	8
4	Feb 1 st	15	11	4
5	Feb 8 th	14	9	5
6	Feb 15 th	20	14	6
7	Feb 27 th	10	7	3
8	Feb 29 th	15	11	4
9	March 21 st	18	13	5
10	April 10 th	13	13	0
11	April 11 th	19	11	8
12	April 25 th	21	9	12
13	May 9 th	14	10	4
14	May 23 rd	18	7	11
15	June 6 th	18	7	11
16	June 20 th	17	8	9
17	June 26 th	13	9	4
18	June 27 th	14	8	6
19	July 4 th	18	9	9
20	July 11 th	18	10	8
21	July 18 th	19	9	10
22	July 25 th	10	7	3
23	Aug 8 th	18	11	7
24	Aug 21 st	18	9	9
25	Aug 30 th	12	4	8
26	Sept 3 rd	15	12	3
27	Sept 5 th	19	13	6
28	Sept 5 th	17	10	7
29	Sept 12 th	17	10	7
30	Sept 19 th	18	4	14
31	Sept 26 th	13	5	8
32	Oct 3 rd	18	10	8
33	Oct 16 th	14	8	6
34	Nov 7 th	19	7	12
35	Nov 21 st	19	12	7
36	Nov 25 th	18	16	2
37	Dec 5 th	14	8	6

37
Courses

590
Attendees

346
Male

244
Female

Disability Inclusion Training

In 2024, Louth Local Sports Partnership delivered two Disability Inclusion Training courses, equipping coaches, volunteers, and community leaders with the knowledge and skills to make sport and physical activity more inclusive for people with disabilities.

Autism in Sport Training

Louth Local Sports Partnership delivered two Autism in Sport training courses in 2024 aimed at increasing awareness and understanding of autism among those involved in developing and delivering sport and physical activity. These workshops provided practical strategies and insights to help coaches, volunteers, and community leaders create more supportive, inclusive, and engaging environments for participants on the autism spectrum.

Online First Aid for Sport

Louth Local Sports Partnership facilitated two online First Aid for Sport training courses designed to equip coaches, volunteers, and club representatives with the essential skills and knowledge required to respond effectively to injuries and medical emergencies during sporting activities. The courses covered key areas such as injury assessment, CPR, managing fractures and sprains, and treating common sports-related incidents.

Coaching Teenage Girls

Louth Local Sports Partnership delivered two Coaching Teenage Girls workshops in 2024 as part of our HER Moves initiative. The Coaching Teenage Girls course is a targeted training programme designed to support coaches, leaders, and volunteers in better engaging and retaining teenage girls in sport and physical activity. The workshop explored the unique challenges and barriers that teenage girls face in sport, including issues around confidence, body image, social pressures, and motivation. Through evidence-based insights and practical strategies, participants gained a deeper understanding of how to create supportive, inclusive, and enjoyable environments that empower girls to stay active during a critical life stage.

Coaching Children

Louth Local Sports Partnership delivered four Coaching Children workshops, this training is aimed at coaches, parents, volunteers, and sports leaders working with young children. The workshops focused on the principles of child-centered coaching, emphasising the importance of creating fun, safe, and developmentally appropriate sporting environments. Participants were introduced to key concepts such as physical literacy, inclusive practices, and the stages of child development, equipping them with practical tools to enhance engagement, skill development, and enjoyment among young participants.

Youth Leadership

In 2024, Louth Local Sports Partnership continued to prioritise youth empowerment and skill development through its successful delivery of leadership programmes. Over the course of the year, Louth LSP facilitated four Level 1 Sports Leader Awards, providing young people aged 13–17 with the opportunity to gain a formal qualification in sports leadership. These structured courses focused on developing essential skills such as communication, organisation, teamwork, and planning physical activity sessions in a safe and inclusive manner. Participants emerged from the programme with increased confidence and the tools to take on leadership roles within their schools, clubs, and communities.

In addition to the Level 1 programmes, Louth LSP also delivered twelve TY (Transition Year) Leadership Awards across secondary schools in the county. These shorter, school based initiatives were tailored to suit the needs of TY students and offered an introduction to leadership in sport and physical activity. The TY Leadership Award provided a valuable platform for students to explore personal responsibility, initiative, and peer support while engaging in fun, practical learning. It also supported schools in promoting physical activity among students, particularly by empowering TY students to lead activities for younger year groups.

Physical Activity Leader Training (PALS)

As part of its commitment to fostering inclusive and community-led physical activity opportunities, Louth Local Sports Partnership continued to roll out Physical Activity Leader (PALS) Training in 2024. This training is specifically designed to support individuals who wish to lead and promote physical activity sessions in their local communities, especially among older adults, people with disabilities, and other underrepresented groups. The training is delivered in collaboration with national partners such as Age & Opportunity and the HSE.

The PALs programme equips participants with the basic skills and confidence needed to lead fun, safe, and accessible physical activities. The course includes modules on motivation, communication, leadership, safety, and simple exercises that can be adapted to suit different groups and settings. It is particularly effective in empowering community volunteers, service users, and support staff to become champions for active living in their organisations or local communities. This approach not only increases local capacity to deliver physical activity but also helps reduce inactivity levels among harder to reach populations in County Louth.

Walk Leader Training

Louth Local Sports Partnership continued its efforts to encourage walking as a simple, accessible, and effective form of physical activity through the delivery of Walk Leader Training during 2024. This training is designed to support individuals who want to lead safe and enjoyable group walks in their communities.

The training equips participants with the knowledge and skills to plan and lead group walks of varying lengths and abilities. It covers areas such as route planning, group management, communication, risk assessment, and how to encourage and motivate walkers. By investing in trained walk leaders, Louth LSP is helping to build a strong walking infrastructure across the county.

2.5 LSP Participation Initiatives

LLSP's core mission of increasing physical activity participation was brought to life through the delivery of 404 tailored participation initiatives in 2024. These initiatives were hosted across various environments to ensure accessibility, such as sports clubs, community groups, primary and secondary schools, community centres, greenways, parks, and virtual platforms.

Key activities included a diverse array of options, ranging from Outdoor Adventure Sports such as Kayaking, Orienteering, Hill Walking, SUP, and Open Water Swimming, to Team Sports like GAA, Soccer, Basketball, and Rugby. This not only encouraged physical activity but also promoted social skills, teamwork, and resilience.

Health & Physical Activity initiatives such as Yoga, Pilates, Nordic Walking, and Activator Walking supported both physical and mental well-being. Importantly, we also expanded our Inclusive Sports programmes with options like GAA All Stars, Football for All, Inclusive Orienteering, and Disability Cycling.

Targeted initiatives included:

HER MOVES

Specifically focused on re-engaging teenage girls at risk of dropping out of physical activity, offering sport and physical activities based on eight principles developed through research from Sport Ireland.

SPORT INCLUSION DISABILITY PROGRAMMES

Provided local and sustainable participation opportunities for people with disabilities, supporting both physical and social development.

YOUTH LEADERSHIP PROGRAMMES

Developed skills and confidence in teenagers, enabling them to become future leaders in their clubs and communities.

COMMUNITY SPORTS HUBS (Moneymore & Muirhevnamor)

Served as focal points for inclusive, community led sports activities that built local capacity and sustainable opportunities.

MEN ON THE MOVE

Aimed at supporting men over 35 to adopt more active lifestyles through structured group based physical activity.

BIKE WEEK

Promoted cycling as a fun, healthy, and sustainable activity. Events included community rides, school cycle skills sessions, and inclusive activities with the Louth Disability Cycling Club. The week encouraged people of all ages and abilities to get active and highlighted the benefits of cycling for health and the environment.

NATIONAL PLAY DAY

Supported by the Department of Children, Equality, Disability, Integration and Youth, Louth Local Sports Partnership collaborated with local partners to deliver an inclusive play event in Dunleer. The day encouraged children and families to be active together, reinforcing the value of unstructured, outdoor play in everyday life.

DAILY MILE LÚ

The Daily Mile Lú is a local initiative led by Louth Local Sports Partnership to encourage primary school children to run, jog, or walk for 15 minutes every day during school hours. In 2024, schools across Louth continued to embrace the initiative, creating a fun and active culture that supports lifelong healthy habits.

LOUTH SPORTS CLUB VOLUNTEER OF THE YEAR AWARDS

The Louth Sports Club Volunteer of the Year Awards celebrate the invaluable contributions of volunteers who dedicate their time and energy to local sports clubs across the county. Organised by Louth Local Sports Partnership, the awards recognise individuals who go above and beyond to support participation, inclusion, and community spirit through sport. In 2024, 109 volunteers from a wide range of clubs were honoured for their commitment, passion, and impact on grassroots sport in Louth.

The design, delivery and evaluation of targeted programmes by Louth LSP directly increases the level of local participation, particularly amongst the harder to reach social groups. Through our local expertise and connections within the sport and physical activity community in the county, Louth LSP can identify specific needs and plan interventions accordingly.



2.5.1 LLSP Participation Initiative Highlights 2024

The following section presents the highlights across a variety of types of initiatives facilitated by Louth Local Sports Partnership in 2024. We delivered programmes, training courses and initiatives during the year with 21,705 participants taking part, 56% of which were female and 44% male.

Sport Inclusion Disability Programmes

Louth Local Sports Partnership's Sport Inclusion Disability Programmes aim to address the imbalance in opportunities for people with disabilities to participate in sport and physical activity.

A core element of the SIDP is collaboration, working in partnership with sports clubs, community groups, facilities, National Governing Bodies, schools, service providers, and individuals with disabilities.

Through these partnerships, Louth LSP supports the development of new opportunities and the sustainability of existing programmes that promote inclusive and active participation at the local level.

The table below provides a summary of the SIDP participation initiatives delivered by Louth LSP in collaboration with local clubs, organisations, and NGBs throughout 2024.

Initiative	Activity Type	Number of Participants
GAA All Stars	GAA	106
Football for All	Football	59
Disability Inclusion Training	Coach Education	42
NE Inclusion Days	Swimming	52
Louth Sportability Day	Multi-Sport	65
Louth Disability Cycling	Cycling	31
Her Moves Activities	Multi-Sport	12
Her Outdoors Activities	Outdoor Adventure	17
Hockey 4 All	Hockey	12
High 5 Boxing	Boxing	11
Inclusive Summer Camps	Multi-Sport	78
GAA All Stars Camp	GAA	25
NE Thunder Wheelchair Basketball	Wheelchair Basketball	23
Dundalk Boccia	Boccia	6
Day Services Exercise Prog	Multi Activity	14

(Louth All Stars GAA for All)

Louth Local Sports Partnership in partnership with Louth GAA continued to work with local GAA clubs has developed several All-Star GAA for All programmes to support children with disabilities to participate in Gaelic Games within the mainstream club environment. A total of 13 clubs have now developed their programmes including 3 new clubs in 2024; St Mary's Ardee, Naomh Fionnbarra, and Newtown Blues.



The full list of clubs is listed below.

Cooley Kickhams	Naomh Martin	Stabannon Parnell's	St. Oliver Plunketts
Roche Emmets	St. Brides	O'Raghallaighs	St. Fechins
Glen Emmets	St. Patricks	St. Mary's Ardee	Naomh Fionnbarra
Newtown Blues GAA			

All coaches and volunteers were trained as appropriate in Safeguarding, First Aid, and Disability Inclusion. All clubs were provided with sports equipment, information booklets and training bibs to support the delivery of their programmes during 2024.

A total of 189 children with a disability took part in the programmes delivered by the clubs in 2024.

(Louth Sportability Day)

Louth Local Sports Partnership was delighted to celebrate International Day for persons with a disability by hosting our 2nd Sportability event on Sunday December 8th, 2024, in St Fechin's GAA Club Termonfeckin to highlight the wide range of accessible sport and physical activity opportunities for persons with a disability in Louth.

The event provided attendees with an opportunity to experience a range of activities provided by local clubs such as GAA, Football, Cycling, Dance, Yoga, Wheelchair Basketball and many more.

Information stands were also part of the event with organisations such as IWA Sport, Active Disability Ireland, Vision Sport Ireland and Special Olympics Ireland in attendance to provide information on their activities.



(Hockey 4 All)

Louth LSP was delighted to collaborate with Boyne Hockey Club in Drogheda to develop a Hockey 4 All programme for children with additional needs. As part of the initiative, club coaches and volunteers received Disability Inclusion Training and an equipment pack to help establish the activity.

On going guidance and support were also provided by Louth LSP's Sport Inclusion Disability Officer. The programme has proven to be a great success, with 12 children now attending weekly sessions, supported by a dedicated team of club coaches and volunteers.

(Physical Activity Equipment Packs for Adult Day Services)

In 2024, Louth Local Sports Partnership provided physical activity equipment packs to the National Learning Network at Wilton House in Dundalk and to St John of God's in Dundalk. These packs were designed to support both organisations in delivering regular physical activity opportunities for their service users.

Each pack included a range of equipment and resources that could be used by staff and service users alike to develop and implement their own daily and weekly activity programmes, promoting greater independence and engagement in physical activity.

(North East Inclusion Days)

Louth Local Sports Partnership collaborated with our colleagues in Meath, Monaghan, and Cavan LSPs to deliver a series of Inclusion Days for adults with disabilities. These events provided opportunities for participants to come together in a supportive environment and explore a variety of sport and physical activities.

Each of the four counties hosted an activity day, featuring a wide range of sessions delivered by local clubs and activity providers. Activities included Boccia, Athletics, Cycling, Soccer, Badminton, Orienteering, Walking, Dance, and Yoga.

A total of 52 service users from across the region attended the events. In addition to enjoying the physical activities, participants valued the opportunity to build friendships and connect with others from different counties in a fun and inclusive setting.

【 High 5 Inclusive Boxing 】

In 2024, Louth Local Sports Partnership supported the development of a new High 5 Inclusive Boxing programme in collaboration with Clann Naofa Boxing Club in Dundalk. As part of the initiative, the club accessed Disability Inclusion Training and Autism in Sport Training, while also receiving funding through Louth LSP's Small Club Grant to purchase essential equipment for the sessions.

The High 5 programme offers inclusive boxing sessions specifically designed for children with autism and additional needs. The programme has been a great success, with 12 children attending weekly sessions that support the development of their physical abilities, social skills, and self-confidence in a fun and welcoming environment.

【 Bike Week 】

Bike Week which took place from May 11th -19th 2024 was a huge success in Louth with 35 events taking place during the week across the country engaging with over 1,200 participants in a range of different cycling opportunities and workshops.

Bike Week Louth is an integral part of the overall National Bike Week initiative and is coordinated locally by a multi-agency group comprised of Louth Local Sports Partnership and Louth County Council.

Each year, Bike Week Louth is supported by numerous community groups, organisations, clubs, schools, workplaces and disability services that organise and take part in events throughout the week.



【 National Play Day 2024 】

Louth LSP in partnership with Lann Leire GAA Dunleer hosted a successful event on Saturday July 5th, 2024, to celebrate National Play Day. The aim of National Play Day is to promote play opportunities for children and young people across the country.

The theme for 2024 was 'Time to Play'. This theme was chosen to represent the need for us all to be conscious of making time for play throughout the day within our busy lifestyles.

Ensuring children have access to outdoor play means they will have opportunities to develop their imagination and physical abilities. Playing in nature also presents opportunities for exploration and adventure.

350 children attended the event alongside their parents, guardians, and siblings.



HER Outdoors Week

As part of Sport Ireland's HER Outdoors Week August 12th–18th 2024, Louth Local Sports Partnership, in collaboration with stakeholders and partners across the county, delivered a hugely successful programme of outdoor physical activity and sport opportunities for females of all ages and abilities.

Over the course of the week, 571 women and girls participated in a diverse range of outdoor activities, including Archery, Open Water Swimming, Equestrian, Orienteering, Kayaking, Stand-Up Paddle Boarding, Yoga, Pilates, Nordic Walking, and River Rowing.

Importantly, inclusive opportunities for females with disabilities were integrated into the schedule, ensuring that HER Outdoors Week in Louth was accessible and welcoming to all, regardless of ability.

HER Outdoors Week aims to celebrate and promote female participation in outdoor activity, encouraging more women and girls to experience the many benefits of being active in nature while highlighting the range of outdoor opportunities available in their local communities.



HER Moves

In 2024, Louth Local Sports Partnership supported teenage girls to become more active through Sport Ireland's 'Her Moves' campaign, which is designed to inspire and empower teenage girls to engage in sport and physical activity by helping them find what moves them.

As part of this initiative, Louth LSP partnered with Drogheda Wolves Basketball Club to establish a 'Sister Club', offering a non-competitive, fun-based environment for girls to play basketball. The programme was a resounding success, with 16 girls participating weekly—many of whom were trying basketball for the very first time.



In addition, Louth LSP developed a Summit Sisters Programme, giving teenage girls the opportunity to explore the Cooley Mountains, while also rolling out Martial Arts and Archery programmes in Dundalk and Ardee, further expanding the range of inclusive, engaging activities available to girls across the county.



Louth School Girls League

Louth Local Sports Partnership has been a proud partner of the Louth School Girls League since its formation, playing a key role in its development and continued expansion. Recognising the need for increased opportunities for girls to participate in football at a grassroots level, Louth LSP worked in collaboration with local stakeholders, clubs, and the FAI to help establish the league and provide the necessary supports to ensure its sustainability.

Since its inception, the Louth School Girls League has grown significantly, with Louth LSP contributing through coach education, funding for equipment, access to facilities, and the promotion of inclusive participation. The league has become a vital platform for encouraging physical activity among young girls, many of whom are playing football competitively for the first time.

In 2024, the League saw its highest participation numbers to date, with over 1,500 girls taking part in weekly matches and training sessions across the county. This continued growth highlights the impact of strategic investment in girls' sport and demonstrates the value of local partnerships in creating meaningful and lasting change. Louth LSP remains committed to supporting the league as it evolves, ensuring that all girls in the county have access to enjoyable, structured sporting experiences in a safe and supportive environment.





(Louth LSP Primary Schools Basketball Programme)

In 2024, Louth Local Sports Partnership in collaboration with Drogheda Wolves Basketball Club, successfully delivered a Primary Schools Basketball Programme across seven schools in the Drogheda area. The initiative aimed to introduce children to basketball through weekly coaching sessions integrated into their Physical Education and Active School Flag programmes.

The programme was designed not only to develop fundamental movement and basketball skills but also to establish a sustainable link between local primary schools and Drogheda Wolves Basketball Club. By creating this connection, the initiative ensures that pupils have a clear and accessible pathway to continue participating in basketball outside of school hours.

Throughout the year, over 950 children took part in the programme, many of whom experienced the sport for the first time. As a result, several children have since gone on to join Drogheda Wolves or other local basketball clubs, supporting the long-term goal of increased youth participation in sport in Louth.



(Women's Lap of Louth)

The Women's Lap of Louth Cycling Sportive took place on Sunday August 18th as part of HER Outdoors week 2024, supported by Louth LSP and delivered by Cuchulainn Cycling Club.

285 female cyclists took part in the event which involved an option to cycle either a 50km or 90km route across the county starting in DKIT Sport Dundalk.

Women's Social Basketball, Hockey & Football Programmes

Louth LSP continue to deliver two very successful social sports programmes for women in Football and Basketball, with over 45 women taking part in the programmes on a weekly basis in Drogheda, Dundalk, and Philipstown.

In addition to this we worked in partnership with Boyne Hockey Club in Drogheda to develop a Social Hockey Programme with 12 females attending weekly sessions throughout the year. The aim of these programmes is to provide regular team-based sporting activities to women aged 18 years and older who are not currently playing competitive sport. The sessions are non-competitive, and fun based with a focus on enjoyment and socialising.

Activator Walking Programmes with Louth Libraries

Louth Local Sports Partnership maintained existing and created new Activator Pole walking programmes in partnership with Ardee, Dundalk, and Drogheda Libraries in 2024 to promote physical activity.

Activator Poles were designed by Canadian therapists and are particularly suitable for people with balance concerns or mobility issues or those with low fitness levels who want an introduction to physical activity.

The programme has been hugely successful with over 30 library members using the pole rental scheme in the library to go for regular walks in Ardee Fairgreen, St. Helena's Park Dundalk and St. Dominics Park in Drogheda



Men on the Move

Louth Local Sports Partnership successfully delivered four Men on the Move programmes in 2024 with over 100 men aged 35 and older taking part.

Men on the Move is a wellness programme with a primary focus on physical activity. The purpose of the programme is to use Physical Activity as a 'hook' to engage men in their health with a view to improving their overall health and wellbeing.

It consists of structured group exercise twice a week, two facilitated experiential workshops, a twenty-four-page health information booklet, a pedometer for independent sessions, weekly phone contact, a customised wallet card to record measures taken and a 5 km celebration event at the end.

This programme was delivered in four locations in Louth in 2024: Cooley, Dundalk, Drogheda and Tallanstown.



TrY Sports Leadership Programme

In 2024, Louth Local Sports Partnership successfully delivered 12 TrY Sports Leadership Programmes across secondary schools in County Louth during the academic year. Aimed specifically at Transition Year students, the programme is designed to help the students explore and develop their leadership potential through sport and physical activity.

A highlight of the programme is the practical element, where students are challenged to plan and lead a short physical activity session for their peers. This not only boosts confidence but also allows them to apply what they've learned in a supportive and engaging environment.

Upon completion, each participant receives a Louth LSP-branded TrY Sports Leadership Certificate, recognising their effort and achievement. The programme continues to be highly valued by schools, teachers, and students alike, providing TY students with meaningful personal development opportunities while promoting leadership through sport.



Level 1 Sport Leader Awards

Louth LSP successfully delivered four Level 1 Sport Leader Awards in 2024 in Drogheda, Dundalk, & Dunleer with over 100 teenagers aged 13-17 years old from a variety of sports clubs in the county attending and receiving their qualification in Sports Leadership.

The sport leader programme is designed to develop leadership skills and confidence of teenagers within Louth who will be future leaders and coaches within their sports clubs and groups in Louth.

The teenagers upon completion of the programme receive a Sport Ireland recognised Level 1 Qualification in Sports Leadership.

Daily Mile Lú

Developed by Louth LSP and launched 2023, Daily Mile Lu is an engaging, inclusive activity resource designed to promote daily physical movement among schoolchildren in a simple and sustainable way. Now in its second year, the initiative has become a core part of the school day for thousands of pupils across the county.

Every classroom in all 74 primary schools in Louth received the Daily Mile Lú resource pack, available in both English and Irish, ensuring the materials are fully accessible to all students and teachers.

The programme encourages children to participate in 15 minutes of movement each day, whether jogging, walking, running, pushing, or simply being active in a way that suits their abilities. Activity is tracked using a colourful Daily Mile Lú wall chart in each classroom, allowing pupils to monitor their progress and stay motivated throughout the year.



The continued success of the Daily Mile Lu programme reflects strong collaboration between teachers, students, and parents, as well as a shared commitment to embedding physical activity into the daily school routine. Benefits reported by schools include increased energy and concentration among students, improved social interaction, and a positive impact on classroom wellbeing.



Community Walking Programmes

Louth LSP continued to support our 14 Community Walking groups throughout 2024. These groups meet on a weekly basis in local communities through Louth to take part in social walking led by Walk Leaders from within the community who completed Walk Leader training with Get Ireland Walking.

We also supported Connect Family Resource Centre in Drogheda to establish their walking group. This group continues to meet weekly for walks in the Moneymore area of Drogheda.

Dundalk & Drogheda Parkrun

Participation in Dundalk and Drogheda Parkruns and Junior Parkruns continued to grow steadily throughout 2024, thanks in part to the ongoing support from Louth Local Sports Partnership. These free, community led events provide a fun, inclusive, and accessible opportunity for people of all ages and abilities to engage in regular physical activity.

Louth LSP worked closely with Parkrun organisers to help promote participation locally, encourage new volunteers, and raise awareness of the physical and mental health benefits of walking, jogging, and running in a supportive environment. Emphasis was placed on inclusivity and family participation, with Junior Parkruns offering a positive and energetic outlet for young children to be active on a regular basis.



2.6 Building and Sustaining Partnerships

Information Provision

Louth Local Sports Partnership serves as a central information hub and point of contact for the local community, providing guidance and support across a wide range of sport and physical activity opportunities. Louth LSP plays a key role in sharing information, as well as directing, signposting, and referring individuals and groups to the most appropriate next steps, whether that's connecting with a local sports club, engaging with a community-based organisation, or exploring a volunteering opportunity.

To ensure these services are relevant and responsive, Louth LSP continuously collects and monitors information on the nature and extent of its work. This data not only helps shape future activities and supports but also strengthens communication with the wider community by profiling our programmes and impact.

The following section provides an overview of the range of communication platforms Louth LSP uses to engage with the public — including both traditional media and a strong presence across social media channels.

Summary of Louth LSP Promotion 2024



470 posts in 2024

4,006 followers



600 posts in 2024

11,191 followers



393 posts in 2024

1,081 followers

Media Interaction



10
press
releases
issued



15
articles
in local
press



5
local
radio
interviews

Website

www.louthlsp.com

87,194 visits

17 resource downloads

Louth LSP developed specific resources to highlight and promote a wide range of activities and opportunities available locally. This was in the form of booklets, posters, leaflets and newsletters. Louth LSP also maintains active databases of local organisations and groups as well as email contact lists.

Summary of Louth LSP Information Production 2024

Information Leaflets & Booklets

Names of physical booklets or information leaflets produced by Louth LSP



2.7. Networking, Advocacy and Awareness Raising

Local networks and committees bring together sports clubs, statutory and non-statutory agencies, volunteers and other working partners and provide opportunities for partnership endeavours that influence and resource sport and physical activity at county and national level. These networking and awareness raising actions allow for an increase in the reach of the CSP, as well as profiling their ongoing work. They are also a sounding board for advice and recommendations as to what the LSP can do to assist sports clubs and partners.

List of Communities & Boards with LLSP representation in 2024



2.8. Partnership Engagement

Louth LSP aims to lead and coordinate sport and physical activity opportunities locally. Developing partnerships with other organisations to promote physical activity and sport within Louth is also key to our work. To this end Louth LSP engaged with at with over 50 local, regional, national and international organisations in 2024.



Section 3

Programme Case Study

3



Programme Name: Development of Louth Disability Cycling Club

Project Description

In 2024, Louth LSP worked with the local community to establish Louth Disability Cycling Club, driven by passionate local volunteers. The club provides inclusive cycling opportunities for children and adults with physical, sensory, and intellectual disabilities across the county.

The initiative addresses a vital need for accessible sports, fostering physical and mental well-being while creating a sense of community. Louth LSP played a key role in guiding the club's foundation, offering resources and connections to ensure its success. Adaptive equipment and tailored coaching programs were implemented to meet members' diverse needs. This collaboration exemplifies the transformative impact of community partnerships and volunteerism in promoting inclusiveness in sport.

Key Outcomes

1

The club now has a fleet of 8 accessible bikes & trikes that are utilised on a weekly basis by children and adults with disabilities who can enjoy the benefits of cycling in a safe and welcoming environment.

2

Through regular participation, members have experienced improved physical fitness, better motor skills, and increased endurance, contributing to a healthier lifestyle.

3

The club's success has raised awareness about the importance of inclusive sports, setting an example and supporting other clubs, namely GAA and Soccer, to provide opportunities for people in the Louth area.





Joining the Louth Disability Cycling Club has been amazing for my child. It's given her confidence, independence, and the chance to try something new. We feel supported and part of a club where everyone's abilities are celebrated.

Parent of a child within the club

Being part of Louth Disability Cycling Club has been life-changing for me. For the first time in years, I felt the freedom of being active outdoors in a way that suits my ability. The support, the bikes, and the atmosphere have given me confidence and a real sense of belonging.

Club member with a Physical Disability

Next Steps

1

The club is working in partnership with Louth LSP to actively secure resources and support to extend their fleet of accessible bikes and to increase the numbers of volunteers and pilots at their disposal to ensure that they have capacity within the club to meet the participation demand.

2

The club is actively working with local schools and disability groups to increase participation and partnerships to increase awareness of the club and participation opportunities.

3

Louth LSP will continue to work with the club in 2025, and they will be a core part of Bike Week, HER Outdoors, Women in Sport Week, European Week of Sport and other key events during the year.

Key Learnings

The development of the Louth Disability Cycling Club highlighted the impact of collective efforts in creating an inclusive environment. By uniting passionate volunteers, and local support networks, the club successfully addressed barriers to participation for individuals with disabilities. This collaborative approach highlighted the importance of listening to the needs of participants and their families, ensuring programmes and resources were tailored to be genuinely accessible. It also demonstrated that empowering local volunteers and fostering partnerships can build sustainable, impactful initiatives.

Section 4

Next Steps for Louth Local Sports Partnership

4



4.1. Looking forward to 2025

Louth Local Sports Partnership has placed itself at the forefront of the journey towards lifelong and inclusive sport for all and continues to be a lead advocate for those currently underrepresented in sport in Co. Louth. The 2024 Louth Local Sports Partnership Annual Report highlights the variety of programmes and opportunities offered by Louth Local Sports Partnership across the county and demonstrate that there are participation opportunities available for everyone.

On behalf of Louth Local Sports Partnership, we extend our thanks to all those agencies, groups and individuals who have contributed to this report, and to all the staff, tutors and volunteers who were involved in the delivery of sport and physical activity through Louth Local Sports Partnership in 2024. The following section highlights our key areas of work outlined by Sport Ireland in line with National Policy and investment for 2025.

Sport Ireland's network of Local Sports Partnerships

For 2025, the Sport Ireland investment has been increased across the network of 29 Local Sports Partnerships (LSPs), with a total investment of €11,945,000. The LSPs are a key driver of the Sport Ireland Participation Plan and provide Sport Ireland with an excellent mechanism to enable the ongoing development of quality sport and physical activity opportunities in communities throughout the country.

The proposed Sport Ireland investment strategy for 2025 will further expand the work of the LSPs and continue to support and enhance communities' ability, especially those who face disadvantage, to participate in sport and physical activity. It will underpin how LSPs will embed Sport Ireland's vision at a local level.

It will support LSP staff to establish and promote delivery of sport and physical activity opportunities with continued strong programme funding, promotional budgets, and community and club development funds. This coordinated investment strategy will maximise the impact of the LSP resources while building partnerships and capacity through local community sport and physical activity investment.

Programmes & Development

In 2025, Sport Ireland will maintain the level of investment to support of LSP programme funding of €982,938. By investing in the development and implementation of targeted programmes and leveraging the support provided to clubs to encourage them to engage with underrepresented groups, this investment will support the delivery of Actions 5, 6, 9, 14 and 28 of the National Sports Policy.

Programme Managers

Sport Ireland will invest €1,302,521 for the continued employment of a Programme Manager in each LSP. This role will focus on supporting the management function, the development of the community and club initiatives as well as the coordination of the programmes in the LSP. This role brings the minimum number of staff in every LSP to 6 people further facilitating the ability of the LSP to build and maintain a consistency of opportunities in every county in Ireland.

Sport Inclusion Disability Officers (SIDOs)

The National Sports Policy, Action 12 specifically relates to the following:

“In addressing the disability gradients in participation, we will explore the possibility of introducing a national network of Sports Inclusion Disability Officers (SIDOs) aligned to the LSP network. These SIDOs would be expected to work closely with relevant NGBs, the disability sector, leisure centre providers, the CARA Centre* and other stakeholders in providing opportunities for people with disabilities to take part in sport”.

Established in 2018, with a national rollout in 2019, the SIDOs encourage and facilitate more people with disabilities to participate in sport and physical activity and develop sustainable clubs and programmes in all settings. In 2025, Sport Ireland propose to invest €1,217,000 for the continued employment of a SIDO in each LSP and for resources required to deliver Sport Ireland's Sports Inclusion Disability Programme (SIDP), achieving the National Sports Policy objective.

Community Sports Development Officers (CSDO's)

Sport Ireland will increase the investment in the LSP network for the employment of CSDOs in each of the 29 LSPs from €1,015,000 in 2024 to €1,174,000 in 2025. This proposed increase in investment in 2025 funding is to ensure the continued stability of the CSDO programme by furthering contributions towards the salary costs of these roles.

The CSDOs are tasked with increasing the reach of LSPs in at risk groups and activating local communities through a variety of means including the co-ordination of targeted programmes and training initiatives for clubs and communities.

The CSDOs will also support the objectives of Action 46 of the National Physical Activity Plan to 'Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes.

Additional LSP Officers

In 2025, Sport Ireland proposes to invest €1,260,000 to maintain roles across the 29 LSPs to cover the following priority areas; Governance and Finance, Community and Club Development, Ethnic Diversity, Outdoor Sport Development, Promotion and Building Awareness, Women in Sport and Administration support. These officers differ across the LSP network to support local needs and does not include LSP Coordinator or already established Administrative positions.

Women in Sport

The Women in Sport allocation to the LSPs in 2025 is €415,000, an increase in investment from €277,000 in 2024. The LSPs will work with the Sport Ireland Women in Sport lead to deliver initiatives for female target groups including women in disadvantaged communities, women with a disability, older woman, women from ethnic minorities and teenage girls. The LSPs will also explore ways of increasing female social participation in sport through club membership and volunteerism.

Operational Costs & Marketing

Sport Ireland will allocate €1,260,000 towards the core operational costs and marketing of the LSPs. This investment will allow for the continued day to day operations of the LSP. Additionally, strengthened the visibility and awareness of the LSPs, through investment in marketing, will increase recruitment of volunteers, local investment and most importantly reach to the most challenging target groups. To deliver on Actions 6, 7 and 9 of the National Sports Policy LSPs must be resourced "to promote the broadest possible participation ensuring quality and accessibility for all groups".

Local Sports Plans

Action 8 of the National Sports Policy has tasked Sport Ireland with supporting Local Authorities in developing Local Sports Plans consistent with the overall vision and objectives of the National Sports Policy. Sport Ireland continue to engage with the County and City Managers Association (CCMA) Economic, Enterprise, Community and Culture Committee to discuss the development of Local Sports Plans. Throughout this engagement Sport Ireland will have also discussed the recruitment and employment of LSP staff, LSP governance code compliance in a Local Authority context and Sport Ireland funding strategies for the Local Authority based LSPs. Sport Ireland has allocated budget in the 2025 participation unit budget to assist LSPs and Local Authorities in the development of Local Sports Plans.

Appendices

Appendix A

Local Sports Partnership Network	Year Established
Tipperary Sports Partnership	2001
Sligo Sport & Recreation Partnership	2001
Roscommon Sports Partnership	2001
Clare Sports Partnership	2001
Active Donegal	2001
Kildare Sports Partnership	2001
Laois Sports Partnership	2001
Fingal Sports Partnership	2001
Cork Sports Partnership	2002
Meath Sports Partnership	2002
Waterford Sports Partnership	2002
Kerry Recreation & Sports Partnership	2004
Kilkenny Recreation & Sports Partnership	2004
Mayo Sports Partnership	2004
Westmeath Sports Partnership	2004
Carlow Sports Partnership	2006
Offaly Sports Partnership	2006
Monaghan Sports Partnership	2006
Limerick Sports Partnership	2007
Galway Sports Partnership	2007
Cavan Sports Partnership	2008
Louth Sports Partnership	2008
Dún Laoghaire Rathdown Sports Partnership	2008
South Dublin County Sports Partnership	2008
Sports Active Wexford	2008
Longford Sports Partnership	2008
Leitrim Sports Partnership	2008
Dublin City Sports & Wellbeing Partnership	2008
Wicklow Sports Partnership	2008

Appendix B

Glossary of Terms

■ Active Disability Ireland

Active Disability Ireland is a national organisation which provides a collaborative and partnership platform throughout Ireland to impact on enhancing sport and physical activity opportunities for people with disabilities.

■ Club Children's Officer

The Club Children's Officer is a volunteer role within a sports club. S/he are the link between the children and the adults in the club. S/he take responsibility for monitoring and reporting to the Club Management Committee on how club policy impacts on young people and Sports Leaders. The Club Children's Officer should be a member of or have access to the Club Management Committee and should be introduced to the young people in an appropriate forum.

■ CSDO – Community Sports Development Officer

The aim of the Community Sports Development Officer is to strengthen and enhance the capacity of the Local Sports Partnerships to further develop locally led plans and more long term sustainable physical activity programmes under the National Physical Activity Plan.

■ CSPAH – Community Sports and Physical Activity Hubs

The objective of the Dormant Accounts Funded CSPAHs is to bring local people together and provide a home for local clubs and sports organisations. The Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved in and engaged in a more active and healthier lifestyle.

■ CYPSC – Children and Young Peoples Services Committees

CYPSC are county-level committees that bring together the main statutory, community and voluntary providers of services to children and young people. They provide a forum for joint planning and co-ordination of activity to ensure that children, young people and their families receive improved and accessible services. Their role is to enhance interagency co-operation and to realise the national outcomes set out in Better Outcomes, Brighter Futures: the national policy framework for children and young people 2014-2020.

■ Department of Transport, Tourism & Sport

The Department of Transport, Tourism and Sport was established in 2011. It has a key role in delivering highly critical aspects of Ireland's economic activity including further development of our transport infrastructure and services and the support and enhancement of our significant tourism and sports sectors.

■ Designated Liaison Person

The Designated Liaison Person is a volunteer role within a sports club. The Designated Liaison Person is responsible for ensuring that the standard reporting procedure is followed, so that suspected cases of child neglect or abuse are referred promptly to the designated person in TUSLA Child and Family Agency or in the event of an emergency and the unavailability of TUSLA, to An Garda Síochána.

■ DAF – Dormant Accounts Fund

The Dormant accounts Fund is the responsibility of the Minister for the Department of Rural and Community Development. Sport Ireland receives Dormant Accounts Funding through the Department of Transport, Tourism and Sport to support sport and physical activity initiative to assist in the personal and social development of persons who are economically or socially disadvantaged, the educational development of persons who are educationally disadvantaged or persons with a disability.

■ ETBs – Education and Training Boards

ETBs are statutory education authorities that have responsibility for education and training, youth work and range of other statutory functions. ETBs manage and operate second-level schools, further education colleges, pilot community national schools and a range of adult and further education centres delivering education and training programmes.

■ Evaluation

Evaluation is the systematic assessment of the design, implementation, outputs and outcomes of an initiative for the purposes of learning, and to inform future decision-making.

■ Fitzpatrick & Associates Review of LSPs

The Fitzpatrick & Associates Review of LSPs is a report published by the Department of Arts, Sports and Tourism in 2005. The report evaluates the progress of the LSPs with reference to the key aims and objectives and makes several recommendations for the LSP initiative.

■ GIW – Get Ireland Walking

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

■ HI – Healthy Ireland

Healthy Ireland, A Framework for Improved Health and Wellbeing is the national framework for whole of Government and whole of society action to improve the health and wellbeing of people living in Ireland. It sets out four central goals and outlines actions under six thematic areas, in which society can participate to achieve these goals. The Framework identifies several broad inter-sectoral actions, one of which commits to the development of a plan to promote increased physical activity levels.

■ HSE – Health Service Executive

The HSE is the statutory authority responsible for providing Health and Personal Social Services for those living in the Republic of Ireland.

■ IPPEA – Irish Primary Education

The IPPEA is an association dedicated to heightening awareness of PE issues in primary schools, and it aims to promote physical activity in an educational context.

■ LCDC – Local Community Development Committees

Under Section 36 of the Local Government Reform Act 2014, each local authority must establish a Local Community Development Committee. The aim of the LCDCs is to develop, co-ordinate and implement a coherent and integrated approach to local community development.

■ **LSP – Local Sports Partnership**

LSPs are an initiative of Sport Ireland and aim to co-ordinate and promote the development of sport at local level. The key aims of the LSPs are to increase participation in sport, and to ensure that local resources are used to best effect. The LSP initiative lies at the heart of Sport Ireland's participation strategy.

■ **NGB – National Governing Body**

An organisation, recognised by Sport Ireland, that coordinates the development of a particular sport or sports through constituent clubs.

■ **NGO – Non-Governmental Organisation**

Term used to describe other recognised Sport Ireland funded bodies which do not fall under the terms of National Governing Bodies of Sport or Local Sports Partnerships. Examples include Age & Opportunity and Ireland Active.

■ **NPAP – National Physical Activity Plan**

In 2016, the Government launched Ireland's first ever National Physical Activity Plan that aims to get at least half a million more Irish people taking regular exercise within ten years. The key target is to increase the number of people taking regular exercise by 1% a year over ten years by making exercise a normal part of everyday life and giving people more opportunities to be active.

■ **National Sports Policy**

The Department of Transport, Tourism and Sport National Sports Policy 2018-2027, which was launched on the 25th of July 2018.

■ **Older People**

As used throughout this report, the term older people refers to those over 50 years of age.

■ **OD&C – Organisational Development and Change Unit**

The Organisational Development and Change Unit within Sport Ireland is primarily focused on providing support to the sports organisations which receive funding from Sport Ireland including National Governing Bodies and Local Sports Partnerships.

■ **OCB – Organisational Capability Building**

These are the services that the OD&C Unit provide to help develop and build the 8 capability areas for client sports organisations. These 8 capability areas are: Organisational Leadership, Change Management, Risk Management, Strategic Planning, Employee Performance Management, Project Management, Corporate Governance and Stakeholder Engagement.

■ **SIDO – Sports Inclusion Disability Officer**

SIDOs aim to provide opportunities for participation in sport and physical activity for people with a disability. See Sports Inclusion Disability Programme.

■ **SOLAS – An tSeirbhís Oideachais Leanúnaigh Agus Scileanna**

SOLAS is the national training and employment agency with responsibility for assisting those seeking employment.

■ **Single Item Measure – M1**

The Single Item Measure – M1 is an internationally validated self-report measure which allows one to track an individual's rates of participation in sport and physical activity.

SPEAK – Strategic Planning, Evaluation and Knowledge system

The SPEAK system is a product of NEXUS Research (a not-for-profit research co-operative based in Dublin) which offers organisations the capacity to self-evaluate, leading to a comprehensive understanding of the work of the organisation and the impacts of that work.

■ **Sport Ireland**

Sport Ireland brings together the Irish Sports Council, National Sports Campus Development Authority, Irish Institute of Sport and Coaching Ireland to form a new, streamlined and dynamic body to drive the future of Irish Sport. Sport Ireland is a statutory authority that aims to plan, lead and co-ordinate the sustainable development of competitive and recreational sport in Ireland.

■ **SIDP – Sports Inclusion Disability Programme**

A programme to encourage and facilitate more people with disabilities to participate in sport and physical activity, developing sustainable clubs and programmes in all settings.

■ **Sustainability (regarding LSP participation programmes)**

Sustainable programme is one which leads to lasting participation in sport and/or physical activity which is capable of being self-maintained (without direct LSP support).

■ **TUSLA – Child and Family Agency**

On 1st January 2014 the Child and Family Agency became an independent legal entity, comprising HSE Children and Family Services, the Family Support Agency and the National Educational Welfare Board as well as incorporating some psychological services and a range of services responding to domestic, sexual and gender-based violence. The Child and Family Agency is now the dedicated State agency responsible for improving wellbeing and outcomes for children.

■ **WIS – Women in Sport**

An initiative of Sport Ireland which aims to increase participation of women in sport through provision of alternative opportunities and development of specific programme targeting women and girls.





Dundalk Sports Centre
Tom Bellew Avenue
Dundalk
Co. Louth A91 X36T

Tel: 042-9324318
Email: louthlsp@louthcoco.ie

Facebook: @louthlsp

www.louthlsp.com



SPÓRT ÉIREANN
SPORT IRELAND



Comhairle Contae **Lú**
Louth County Council
S P O R T