

Wicklow Sports & Recreation Partnership

SPC Update 29th March

Sport Ireland

2021 Core 75% payments of funding has been received by the partnership. Included in this is payment for additional human resources of two new employees following on from submission of a business case to Sport Ireland.

These positions are a *Community Sports Development Officer* and a *Strategic Promotions Officer*.

Sports Inclusion Activities

Point 1.8 & 1.9; Inclusion & Positive, Quality and Diverse opportunities; Wicklow SRP Strategic Plan

- **Inclusive Child & Teen Online Dance, Yoga & Family Fun Fitness Programme (February)**
 - While children and teenagers with a disability were at home from school during January and February 2021, they had the joy of Dance, Yoga and Family Fun Fitness with Wicklow Sports & Recreation energetic exercise tutors delivered via zoom.
- **Inclusive Young Adults Online Dance, Yoga & Fun Fitness Programme (February to April)**
 - Young Adults with a disability at home or in their day care centres all around County Wicklow, enjoyed the energetic online dance, yoga and fun fitness classes. Running from February to the end of April 2021.
- **Online Yoga with CAMHS (January – March) (And more planned for Summer & Autumn)**
 - Participation in online yoga continues to increase with the children and adolescent mental health services (CAMHS) cohort. Using online has shown to break down barriers to participation as the participants become confident in learning a new exercise in the comfort of their homes. The aim of the agency is to continue the programme face to face when possible so that these teenagers have less barriers to participation.
- **Dance for Social Prescribing Day (18th March)**
 - In collaboration with Bray Area Partnership and County Wicklow Partnership, a Free Dance class was organised to celebrate Social Prescribing Day on 18th March.
- **CARA – Inclusive Workshops (March to May)**
 - 3 workshops in Sports Inclusion Disability Awareness and Autism in Sport were delivered in February and March 2021. These were all booked out in advance and delivered to 57 participants, targeting Sports Coaches, SNA's and Parents. Included in this cohort were 16 coaches and volunteers from Baltinglass Bulldogs Basketball Club who are preparing themselves to initiate a Basketball 4 All team, as soon as restrictions are lifted.

Sports Inclusion Disability Awareness	15 th March	24 (30 fully booked)
Autism in Sport	30 th March	20 (fully booked)
Sports Inclusion Disability Awareness	6 th April	13 so far
Inclusive Fitness Training	19 th April	
Sports Inclusion Disability Awareness	26 th April	
Autism in Sport	10 th May	
Inclusive Fitness Training	24 th May	

- Easter Inclusive Online Camp – 2 weeks (March/April)
 - 30 minute Zoom of Dance, Yoga and Family Fun Fitness over the Easter School break for Children or Teenagers with a Disability.

Community Activities

Point 1.5 – Programmes; 1.7 – COVID response; 1.6 – Focus on the periphery; 1.9 - Positive, Quality and Diverse opportunities; Wicklow SRP Strategic Plan

- Mobility & Stretch
 - A free 8 week online programme aimed at older adults & delivered by a Siel Bleu instructor. Started Monday 15th March. 24 participants taking part.
- Couch to 3K / 5K / 5-10K
 - Couch to 3K – April start date. This is aimed at those starting out running/families who would like to take part in an activity together.
 - Our latest online couch to 5K programme started on March 8th. NOTE: There have been participants from our Couch to 3K programmes that have now began the Couch to 5K.
 - In response to our Couch to 5K, there was great public interest for Wicklow Sports and Recreation Partnership to run a follow on programme of 5K to 10K runner over 6 weeks. 27 participants registered and the programme is ongoing.
- Buggyfit
 - A second virtual Buggyfit has commenced Tuesday 16th March for six weeks with 17 people in attendance.
- Online Pilates
 - Monday evenings at 7pm from the 5th of April & Wednesday mornings at 10am from 7th of April. 80 people booked onto the Monday session (Sold Out) with 77 bookings on the Wednesday evening currently (3 places left).

- Intro to Online Pregnancy Yoga
 - A four week Online Intro to Pregnancy Yoga. This programme is suitable for 12+ weeks pregnant, starting Tuesday 16th March.

- National Social Prescribing day
 - Free online dance class was held to celebrate Social Prescribing day on the 18th of March.

- GAA Healthy Clubs
 - 24th March there will be an online Yoga class for anyone who is a member of a GAA club that is part of the Healthy Club initiative. If there is demand, a 4 week course for club members will be facilitated.

- Blessington Womens Shed
 - As part of our 'Healthy Blessington' initiative through Healthy Wicklow we are organising a series of activity classes as part of a Wellness Calendar of Events including Dance classes, 'Recliner to 3k', 4 week education courses around physical health related to pre and menopausal women. Supplementary to the physical activity elements there will be Meditation and Mindfulness classes, First Aid, Family Healthy cooking activities and Drug and Alcohol education sessions for parents.

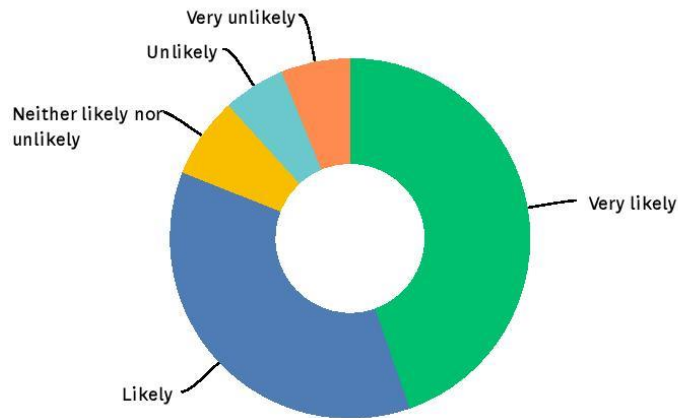
Courses:

Safeguarding 1	3 rd Feb	12 (Booked Out)
Safeguarding 1	19 th Feb	12 (Booked Out)
Safeguarding 1	26 th Feb	12 (Booked Out)
Safeguarding 1	18 th March	12 (Booked Out)
Safeguarding 1	19 th March	12 (Booked Out)
Safeguarding 2	10 th Feb	12 (Booked Out)
Activator Poles Tutor Training	10 th March (5 weeks)	6 (Booked Out)

Wicklow SRP Family Walking App

Q2 How likely are you to download an interactive family walking app for trails in your area?

Answered: 179 Skipped: 3



ANSWER CHOICES	RESPONSES	
Very likely	44.69%	80
Likely	36.31%	65
Neither likely nor unlikely	7.26%	13
Unlikely	5.59%	10
Very unlikely	6.15%	11
TOTAL		179

Q3 If this app was linked to an awards scheme (seasonal merchandise/prizes) on completion of certain trails, how likely would you be to use it?

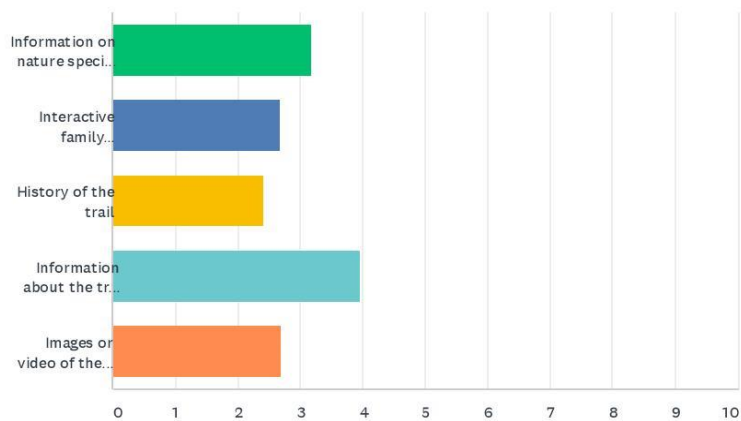
Answered: 181 Skipped: 1

Very unlikely

Wicklow SRP Family Walking App

Q4 Please rank the below on what you would like to see on a family walking app

Answered: 181 Skipped: 1



	1	2	3	4	5	TOTAL	SCORE
Information on nature specific to the trail	18.24% 31	24.71% 42	22.94% 39	25.29% 43	8.82% 15	170	3.18
Interactive family challenges	12.28% 21	19.88% 34	18.71% 32	20.47% 35	28.65% 49	171	2.67
History of the trail	6.43% 11	10.53% 18	28.65% 49	25.73% 44	28.65% 49	171	2.40
Information about the trail i.e. distance, incline, decline, surface etc...	50.00% 88	19.89% 35	14.77% 26	6.25% 11	9.09% 16	176	3.95
Images or video of the trail before taking part	11.24% 20	23.60% 42	15.17% 27	22.47% 40	27.53% 49	178	2.69