

ADAPTED PHYSICAL ACTIVITY

# ARA FOCUS

NATIONAL NEWSLETTER

ISSUE 3 | JULY 2009



## IN THIS ISSUE:



Surf  
2 Heal



Paralympic Athlete  
Search Day



SIDO  
Programme



ARA

Adapted Physical Activity Centre



# A Note From



## Welcome to the 3rd edition of CARAFOCUS National Adapted Physical Activity Newsletter.

It feels like only yesterday we were putting the final touches on the 2nd edition of CARAFOCUS and here we are five months on rolling out this 3rd edition. Five months where many new and exciting initiatives have been occurring throughout the country, such as ongoing growth within National Disability Sport Organisations, increased opportunities for people with disabilities to participate within the Sports Inclusion Disability Officer Programme, the launch of coaching people with disabilities coach education framework and the expansion of Surf2Heal.

Throughout this publication you will come across articles on each of the above developments along with many more interesting stories and news on other areas of development relating to adapted physical activity, disability sport and adapted physical education.

CARAFOCUS aims to highlight the increasing opportunities which are being developed at grassroots level right through to higher performance in sport and physical activity as well as acknowledge and emphasise the work of various individuals and organisations involved in the provision of sport, physical activity and physical education for individual with disabilities.

We hope you enjoy this edition and a big thank you to all who contributed articles and photos. If you would like to submit an article, research abstract, advertisement etc. please give Niamh a call at the CARA APA Centre on 0667145646 or you can indicate your interest/comment using the **Your Voice** section of the CARA APA Centre website at [www.CaraApaCentre.ie](http://www.CaraApaCentre.ie)



Linda Raymond,  
Pat Flanagan, Niamh Daffy

## INSHAPE LEISURE & SPORT

Local Supplier Of Sports Equipment To Councils, Schools, Clubs and Groups.

Handi Life Boccia Distributor For Ireland.

New Age Kurling Stockist.



Eveque Sports Hall Athletics Equipment Supplier.

Full Range of Products may be viewed on web site.

Web: [www.inshapeleisuresport.com](http://www.inshapeleisuresport.com)

Tel: 02893 323666

Fax: 02893 342244

E.Mail: [info@inshapeleisuresport.co.uk](mailto:info@inshapeleisuresport.co.uk)

## Table of Contents:

Welcome .....	2
A note from the Irish Sports Council .....	3
The Great Outdoors. ....	4
News from National Sports Organisations .....	6
Action throughout the Country .....	8
Sports Inclusion Disability Officer Programme .....	11
Wheelchair Hurling. ....	12
Adapted physical Activity at DCU .....	13
NCEF Inclusive Fitness and Exercise Module . . .	13
The Power of PE Conference October 09. ....	14
APA @ IT Tralee. ....	15



## Dear Reader

When I was asked to contribute a “few” words to this 3rd CARA Focus Newsletter I thought, where should I start? And then it occurred to me, start at the beginning.



Well in the beginning we had Pat Flanagan in IT Tralee .... dreaming. And Pat’s dream was that people with disabilities would be more included in sport and physical activity in Ireland. That dream gave rise to the CARA Centre and ultimately to the SIDO Programme. Those who have been touched by the Centre and by the SIDO Programme know that Pat’s dream is good and have expressed the hope that it will last.

Well we don’t yet know the ending of that particular chapter of Pat’s dream. We don’t know about the future of the SIDO Programme. But perhaps we can do our bit to make sure that when the chapter is written that it has a Hollywood ending – the happy one.

Back to reality. I must confess to a constant sense of wonder when I remind myself that the CARA Centre is pretty much one person, Niamh Daffy. Little did I realise that when we recruited Niamh to be the Coordinator of the Centre that she literally would become a “centre” for so many of the new and exciting developments around sport and physical activity for people with disabilities in Ireland.

The CARA Centre is still a baby. At less than 2 years old, it is extraordinary what it has achieved in that time - the conferences, the coordination of the SIDO Programme, the relationship building with national and international organisations, the website, the newsletter, etc.

Through all of this work, the Centre has begun to develop a national framework that aims to make full participation in sport, physical activity and physical education possible for people with disabilities throughout Ireland. Critical to its success to date has been its ability to link with key partners in sport such as Government, disability sector, research, education, etc.

In 2005 the National Disability Authority wrote a report on sport for people with disabilities. It highlighted the needs and gaps in relation to the provision of opportunities for people with disabilities in sport and physical activity. I think we can reasonably say that we have done a lot (but not enough) to address these gaps. The fact that we have done so much is a testament to the efforts of many people up and down the country, however as the NDA report also highlighted there is a need for leadership to ensure that these efforts are coordinated and harnessed. This is where Niamh and the CARA Centre come in.

We have begun to make significant strides through the efforts of CARA and the SIDO Programme. Also the associated partnerships with so many other sports and disability bodies will improve provision in sport for many people with disabilities. These efforts can only help to enhance their health and quality of life.

In the rest of this newsletter you will be able to read a report on the considerable achievements of the SIDO Programme a little over one year after it was initiated. These achievements reflect enormous credit on the 21 officers situated in 20 Local Sports Partnerships around the country who are the heart of the Programme.

As you all know we are currently facing into an uncertain future in respect of the public finances. We have developed new structures, at national and local level, and have worked hard to make these gains and develop the partnerships to underpin this work. It is now so important that we are in a position to continue these efforts over a prolonged period. This is why the SIDO Programme needs to be sustained and improved beyond its current funding period which expires in early 2010.

I don’t know exactly how this can be done. But I look for everyone who reads this article and who knows about the programme, what it has achieved and what it can achieve to do their bit to make it happen. In the last CARAFOCUS Newsletter Professor Martin Block, an eminent international figure in the area of adapted physical education wrote about the 2008 APA Conference

“Perhaps the greatest accomplishment that I learned about at the conference was the creation of the CARA Centre and the creation of Sports Inclusion Development Officers (SIDOs) all around Ireland. The CARA Centre and the SIDOs are actually something I have never heard of in any state in the US, and it is a model that I am in the process of emulating here in my home state of Virginia (at least creating a training and resource centre similar to the CARA Centre).”

He’s right to.

**Peter Smyth**

Research Manager

Irish Sports Council



# The Great Outdoors

## Surf 2 Heal

Children with Autism are on a sensory rollercoaster. They see more, feel more, hear more, smell more and taste more than your average mainstream person. Their bodies are



constantly bombarded by sensory overload which can cause pain in the most severe cases, and distraction in milder cases. On top of this sensory overload they have to try to learn, to read and write, to fit in, and become socialable.

Surfing helps children on the spectrum on many levels, firstly its fun, and as primarily an individual sport you don't need to be part of a team (or figure out the confusing social rules that go with team work).



Secondly, its water based, most children with Autism love the water, the water helps relax tense muscles and the deep pressure from waves is calming. Being at the beach cuts out a lot of the sensory jumble. It's a big wide empty space where they can run free.

Thirdly its great occupational therapy! The action of riding a wave increases muscle tone, stamina, balance, gives great crossover exercise and helps strengthening motor building blocks.

Last year the 1st surf camp for children with autism took place in Cork. The camp was a roaring success with 43 children with Autism entering the water.

The kids responded hugely to the camp with some reports of children wearing their booties from 6am when they woke, 'ready' for camp.

This year due to huge demand, Surf 2 Heal are trying to ensure more kids get into the water, so we are running week long camps in Kerry, and Inchydoney along with day events in, Tramore, Garretstown and Fanore.

To try and keep up with such a large demand, we are constantly recruiting volunteers; Do you surf or live in these areas? Want to get involved in something rewarding and that could light up a child's life?

Drop us a line, send an email to [surf2heal@gmail.com](mailto:surf2heal@gmail.com) and keep an eye on [www.surf2heal.org](http://www.surf2heal.org).

Looking forward to meeting ye,

Nollaig Hynes, Founder of Surf to Heal

## Attitudes of outdoor centre managers and senior instructors towards teaching people with disabilities



### Abstract

Previous research has shown that the outdoor environment has the potential to be an inclusive experience, as each individual is out of their comfort zone and beginning their experience on equal footing. (Lias,1995) The attitudes of the people who facilitate activities in this area are vital to the successful inclusion of people with disabilities into the sessions. Previous experience and training have, in previous research, been significant predictors of positive attitudes towards teaching individuals with disabilities (Daffy 2005; Rizzo & Vispoel 1992; Rizzo & Kirkendall 1995). There is no disability awareness

module or adapted physical activity module in any outdoor instructor training courses in Ireland, yet instructors are expected to cater for all groups in their activity session.

The aim of this study was to investigate the attitudes of managers and senior instructors in outdoor education centres towards instructing people with disabilities. Other objectives of this study were; the perceived competence of instructors and managers with regard to instructing individuals with disabilities, previous experience and training of both managers and senior instructors and their perceived adaptability of adventure activities.

A modified version of the PEATIH III survey was used to collect data. 80 outdoor centre managers and senior instructors, from 40 centres around Ireland were sent a questionnaire. N=27 responded giving a return of 32%. Results show that managers and senior instructors had lower levels of training compared to experience. 100% of senior instructors had experience whereas only 30% had training. 82% of managers had previous experience while 47% had previous training. Overall both managers and senior instructors held positive attitudes towards including people in outdoor activity sessions irrespective of their disability and both felt competent in teaching sessions which included people with disabilities. Sailing, canoeing and kayaking were seen as being very adaptable water sports, while windsurfing was seen as not adaptable for people with physical disabilities. Abseiling and hill walking were adaptable land based sports, whereas rock climbing and orienteering were viewed as being less adaptable particularly for people with a physical disability. Further training is needed to ensure these sports become inclusive for all.

For further information on this research please email Norma at [norma.mulcahy@students.ittralee.ie](mailto:norma.mulcahy@students.ittralee.ie)



# resources for inclusive adventure



## Adventure

## Equipment

for activities &  
field-based  
living

## Training and

## Information

for providers &  
adventurers



**Equal Adventure**  
for everyone

+44 (0) 1479 861200

hello@equaladventure.org



[www.equaladventure.org](http://www.equaladventure.org)

## Galway Bay Sailing Club



As anyone reading this magazine will know, pretty much any activity can be adapted to include people with disabilities and sailing is no exception. I'd always had it in the back of my mind to try sailing and if I'm honest I'd been too lazy and a bit scared to take it any further. Surely sailing for disabled people was dangerous and difficult, wasn't it? Well, about three and a half years ago I decided to find out.

Having absolutely no experience of sailing, I thought the internet might be a good place to start. It only took a few minutes to find the Irish Disabled Sailing Association (IDSA) which is based in Kinsale and they just happened to be holding a "Come and Try it Day" in a couple of weeks.

From that moment I got on the water in Kinsale I was hooked and knew sailing was for me. The freedom of the open water and the almost total irrelevance of my disability was what won me over I think.

So that was one weekend in Cork and I live in Galway, what now? Well that's where the Galway Bay Sailing Club (GBSC) comes in. I was introduced to PJ Mealy one of their members and we began to formulate a plan to get me on the water in Galway. The two main issues we faced were the lack of a boat and lack of all the lovely facilities for people with disabilities they have down in Kinsale.

The first of these issues was resolved by us getting hold of an old Challenger in Waterford and bringing it back up to Galway. The Challenger is a Trimaran which is especially designed for disabled sailors.

This particular example was in very poor shape and PJ spent most of that summer fixing it up so towards the end of the summer of 2006 I was on the water.

The process of getting on the water was the second challenge we faced. There is no Marina in GBSC so we had to come up with a way of getting me and the boat on the water. After some trial and error we came up with a process whereby I would get into the boat at the top of the slip way. The launching trolley would then be rolled down the slip way and both me and a boat would be launched together. This worked well and that autumn and the following summer I managed quite a bit of sailing and even managed to get my level 1 dinghy sailing cert.

Throughout all of this GBSC were hugely supportive and it might be stating the obvious but this kind of support is critical to the success of any project of this kind. The club even created a committee position of disabled sailing co-coordinator, a position that PJ Mealy holds and has great success with. The club was also successful in an application for lotto funding to purchase a brand new Challenger which was delivered to the club in late 2007 and it's now used to bring disabled people out sailing and also for training anyone who, like me, gets hooked on the sport.

Disabled sailing in Galway recently had its reach extended much further by the arrival of the Volvo Ocean Race. As part of this, the Even Keel Project, headed up by Dave Rutter, came to Galway. Dave had the idea to have a boat designed that could be sailed by disabled sailors and able-bodied sailors thus achieving full integration of disabled and abled bodied people in sailing and proving that disability is largely irrelevant when it comes to sailing. This idea gave birth to the Artemis 20 keel boat and the Even Keel project. It is the aim of the project to set up sailing centres in various locations worldwide which will be stocked with Artemis 20 boats and where disabled people can come and have all the facilities and help readily available so they can just hop in a boat and go for a sail. One of these centres will be in Galway provided we can raise the required funding to put the centre in place.

So, in summary, I think you'll agree that sailing for people with disabilities is alive and well in Ireland and going from strength to strength. To my mind this is in no small part because sailing is purely and simply bloody great fun!

Useful Information: Galway Bay Sailing Club: [www.gbsc.ie](http://www.gbsc.ie)

Disabled Sailing Coordinator: PJ Mealy, [pj@mealy.ie](mailto:pj@mealy.ie)

Gary Allen, [garallen@gmail.com](mailto:garallen@gmail.com)

The Even Keel Project • [www.theevenkeel.com](http://www.theevenkeel.com)



## Coaching Ireland



“By launching this framework we hope to increase the numbers of people with disabilities participating in sport and physical activity and ensure that both participants and performers with disabilities have a quality experience.” Michael McGeehin, Director, Coaching Ireland

Over the last decade, awareness of sport for people with disabilities in Ireland has increased due to several factors. These include the hosting of the Special Olympics World Games, the successes of Irish athletes at Paralympic Games and the development of structures by the Irish Sports Council, Sport NI, Disability NGB's, Disability Sport agencies and a number of mainstream NGB's.

The vision for coaching in Ireland is (as stated in the Coaching Strategy for Ireland 2008). “Everyone involved in sport is working together with the common aim of delivering a quality coaching system which is inclusive and fully integrates participants, performers and coaches of all abilities and backgrounds”

To achieve this vision, the Coaching Strategy for Ireland, included the Strategic Theme: Improving Access and Inclusion. Coaching Ireland worked with an expert group (established by NCTC) to develop this framework and the materials required to implement same. This group consisted of the:

CARA Adapted Physical Activity Centre, Tralee – Niamh Daffy • Cerebral Palsy Sport Ireland – Brenda Hopkins • Coaching Ireland – Declan O’Leary, Chair • Disability Sports NI – Kevin O’Neill, Elaine Reid • Football Association of Ireland – Oisín Jordan • Irish Blind Sports – TBC • Irish Deaf Sport Association – Paul Ryder • Irish Wheelchair Association – Sport – Ed Niland • Special Olympics Ireland – Eilidh Bartlet, Fiona Murray

The implementation of the framework requires engagement of NGBs in an equal partnership with the disability sport agencies – Disability NGBs, Disability Sports NI, CARA Adapted Physical Activity Centre and the Paralympic Council of Ireland (as appropriate), overseen by Coaching Ireland.

### Tutor Training

Coaching Ireland has since delivered a two-day tutor training on Disability Awareness on 27-28 May. The main focus was to prepare the tutors to deliver a pan-disability workshop for coaches on coaching people with disabilities. Coaching Ireland will be rolling this out on an all-island basis over the rest of the year.

For more information on coaching people with disabilities and contacts for relevant agencies please go to [www.coachingireland.com](http://www.coachingireland.com).



## Paralympic Council of Ireland



In response to the success of the ParaLions Awareness Programme rolled out by the Paralympic Council of Ireland in 2008 and on the back of the outstanding achievements of the Irish Team in Beijing, the ParaLions Athlete Search Day (PASD) showcasing all Paralympic Sports in Ireland was held with great aplomb in Dublin City University on May 2nd.

The PASD, supported by the Irish Sports Council, the member organisations/sports of the PCI, the Cara APA Centre and the network of Sports Inclusion Disability Officers was attended by over 400 people during the course of the 6 hour event.

The aim was primarily to encourage people with disabilities into Paralympic Sport. Each participant was briefly profiled by a group of Paralympic experts to establish the sports in which their functional profile made them eligible for Paralympic competition. Following this, they entered the exhibition hall where 16 Paralympic sports had exhibition stands and participation opportunities. The non Paralympic sports of triathlon and Powerchair Football along with a stand manned by a group of Sport Inclusion Disability Officers were also represented. The presence of the SIDOs was critical as every participant left the event with contact information for support in their local area.

For many, the highlight of the day was the chance to meet the stars on the 2008 Irish Paralympic Team such as David Malone, Michael McKillop, Padraic Moran, Patrice Dockery and many more. Not only, did they meet them, they got the opportunity to participate alongside many of them during the sports demonstrations. Malone, McKillop & Moran also presented testimonials of their lives in Paralympic sport.

Many of the exhibitors reported the emergence of a wealth of new talent on the day and the potential for many of the ParaLions to be fast tracked into their sports programmes. Who knows, perhaps one or two of the ParaLions will make the Irish Team for London 2012. On the evidence of ParaLions sampling the sports on the day, this is almost a certainty.

Further information on the ParaLions Programme and Paralympic Sport in Ireland is available by logging onto [www.pcireland.ie](http://www.pcireland.ie). The information sheets from each sport from the day are available online at [www.pcireland.ie/paralions.php](http://www.pcireland.ie/paralions.php)



## Irish Blind Sports

### Volunteers needed

As in any sport activity, getting from A to B can be a challenge for visually impaired persons. IBS is seeking to recruit volunteers across Ireland to drive people to local swimming pools or help them get there by public transport. If you feel like jumping in too, all the best! All volunteers must fill out application forms and Garda vetting forms.

IBS is also looking for sighted or VI persons to help out in Athletics. At present, we have a wonderful coordinator but could do with a second one to lend a hand. Again, application form and Garda vetting

forms must be completed. A judo coach is needed and experience and Garda vetting will be required. For all forms and information, please email Diane at [diane@ibsports.ie](mailto:diane@ibsports.ie) or phone her at 01 2020 118.

### Summer Soccer Camp

For young people who are Blind or Vision Impaired (8-16yrs) on Thursday 30th & Friday 31st July 2009 from 10am to 4pm at De La Salle College, Newtown, Waterford €40 per person. Please contact: Katie Kelly, Sports Inclusion Disability Officer, Waterford Sports LSP on (051) 849757 or Nick Harrison, Munster Football for All Coordinator FAI on 086 0472051.



**Special Olympics**

**SPECIAL OLYMPICS IRELAND**

Special Olympics Ireland offers sports training and competition opportunities for people with an Intellectual Disability in 12 Official sports in community clubs, schools and services throughout the island of Ireland. Our key membership comprises of the following: 11,000 Athletes, 22,000 Volunteers, 430 Affiliated Groups (clubs, schools and services)

**Continued Growth**

Special Olympics Ireland is currently operating an active, country wide athlete recruitment programme with the aim of identifying potential athletes and creating opportunities for them where none may have previously existed. As a result of work undertaken, 22 new Affiliated Groups have been established and 639 new athletes have registered with the programme in 2009 alone.

**Setting Up a Special Olympics Club.**

Special Olympics Ireland takes a standardised and sustainable approach to club development with time and consideration given to the following elements: Athletes, Volunteers, Club Management and additional requirements such as venues, coaches, funding, equipment, support and documentation

**Key Link – Special Olympics Ireland and SIDOs**

There has been fantastic coordination between Special Olympics Ireland and the Sports Inclusion Disability Officers in many of the areas



with very positive results. This coordinated approach is something that can be built on to ensure that working together, we can offer all people with an intellectual disability the chance to get involved in sport in their community.

**How can I get involved?**

If you are interested in learning more about the Special Olympics Programme, getting involved in one of our clubs or working with us to establish a club in an area that needs one, please have a look at our website on [www.specialolympics.ie](http://www.specialolympics.ie) or contact us directly on: 01 8823972, [info@specialolympics.ie](mailto:info@specialolympics.ie).



**The Football Association of Ireland**



The Football Association of Ireland have taken a leading step in the appointment 2 full-time Development officer with responsibility for facilitating the development of a clear pathway to cater for players with various disabilities.

The Football for All programme is made up of players from all groups and sporting bodies that cater for players with a disability who want to play football. 2,700 players participate in our 12 participation programmes that are rolled out every year across all 26 counties in

over 40 venues delivering opportunities to any player with a disability to access football at a level that appeals to them. Our programmes include: Cerebral Palsy, Acquired Brain Injuries, Association of Irish Powerchair Football, Irish Blind Sports (Visual Impaired, Blind), Irish Deaf Football (Mens 11-a-side & Futsal, Ladies Futsal), Downsyndrome Ireland, Dyspraxia Ireland, Rehab Care/National Learning Network, Special Olympics Ireland, FFA Schools (Special Schools), Amputee, Irish Street Leagues.

**International Football**

The International pathway for players with a disability exists for players in 7 disability organisations. All players who represent their country at a competitive competition receive an international cap like their Senior international counterparts Robbie Keane and Richard Dunne. There are seven disability teams represented at international level presently. They are: Elite Football (Cerebral Palsy, Visually Impaired, Deaf (Men & Women) U 18 FFA Schools (Special Schools), Irish Street Leagues); Participation; Special Olympics Ireland.

**Coming Soon:**

Football for individuals with visual impairments-Saturday 25th July-Leisureworld, Bishopstown. Starts at 10.30am.

2 Day Powerchair Football Soccer School- 18th & 19th August-University Limerick Arena- ☐49 – Contact Nick Harrison

If you are interested in getting involved in any programme please contact either: Oisin Jordan, 086 6079223, [oisin.jordan@fai.ie](mailto:oisin.jordan@fai.ie) • Nick Harrison, 086 0472051, [Nick.harrison@fai.ie](mailto:Nick.harrison@fai.ie).



**Irish Deaf Sports Association (IDSA)**

**IDSA 2009 Deaflympics at Taipei, Taiwan**



IDSA's Irish team Sports has an amazing record of achieving a grand collection of 16 Gold, 14 Silver and 10 Bronze since first appearance in 1973 in the World Games for the Deaf (Now Deaflympics).

The IDSA will be sending Irish Deaf International Sport Teams to participate in the 21st Deaflympics on the 5th to 15th September 2009 in Taipei, Taiwan. The Deaflympics will be held under the auspices of the ICSD. It is an elite competition for all deaf athletes across the world.

IDSA is sending a panel of Athletic, Badminton, Men Football, Swimming, Water Polo teams with total of 42 athletes.



Deaflympics Website: [www.2009deaflympics.org](http://www.2009deaflympics.org)

# ACTION THROUGHOUT THE COUNTRY

## Midlands



Under the Sports Inclusion Disability Programme a 'Midlands United Wheelchair Football Club' was established in February of this year. The Club is a joint initiative by Westmeath, Offaly and Laois Sports Partnership. Club sessions are held on a weekly bases; (Thursdays – 6.30pm to 7.45pm) in the Downs GAA Centre in Mullingar. MUWFC would like to thank Donal Murtagh Car Sales of Glasson, Athlone, Co. Westmeath for their kind contribution towards a Football kit and tracksuit for each of the club members. If you wish to get involved either as a player or volunteer, please contact: Claire Grehan, Offaly Sports Partnership • Mary Duignan, Westmeath Sports Partnership • Garrett Culliton, Laois Sports Partnership.

## Louth



This year the Irish Open, was held in Baltray, Co. Louth. Junior Golf Ireland (JGI) in conjunction with Lisa Kelly Sports Inclusion Disability Officer, Louth LSP provided disability groups from Louth the opportunity to receive expert tuition at it's special coaching clinic located at the Irish Open in Baltray. Disability groups from Louth, received playing tips from PGA professionals throughout the week. Twenty two athletes and volunteers from Drogheda Special Olympics club attended the coaching clinic. The group also got to see some of the Pro's in action like Shane Lowry, Padraig Harrington and John Daly to name but a few. A big thanks to Rory Leonard from Junior Golf Ireland, who worked tirelessly to ensure all groups had an enjoyable golfing experience at the event.

## Carlow



Participants from the Cairdeas Centre Co Carlow who took part in the physical activity and healthy lifestyles project in Mount Wolseley Hotel Spa and Country Club organised in conjunction with Jenna Doyle - Sports Inclusion Disability Officer Carlow Local Sports Partnership March 2009.

## Donegal



## Cork



The Cork leg of the Munster Boccia League took place in Bishopstown, Cork on the 16th of June 2009. 19 teams came from all over Munster to compete against each other in the second tournament of the Munster League. Clare teams were a huge success on the day claiming first prize, with Limerick in a close second. However Clare stole the day by also coming in third and fourth place.

Congratulations to all players who participated. The next tournament of the Munster Boccia League will take place in Co. Kerry on 28th of July.

A horse riding initiative was established with Errigal Sport Club in Co Donegal to give people with learning disabilities the opportunity to participate in sport and also to give them a pathway to participation in Special Olympics events. It was felt that athletes would benefit physically, psychologically and socially by partaking in the activity which, has led to the athletes competing in equestrian events at Regional Level. For more information contact Therese Laverty, Sports Inclusion Disability Officer, Donegal Sports Partnership.

## Fingal



Sporting Fingal FC has become the first League of Ireland Club in the country to set up a Powerchair Football team. The team was officially launched by the Mayor Michael O'Donovan on Saturday 30th May in Corduff Sports Centre. The team is made up of boys and girls from the Fingal and surrounding areas whose skill levels have improved immensely. This has been down to the coaching from Paul 'Trapattoni' Murphy. Sporting Fingal Powerchair Football Team plays every second Saturday in Corduff Sports Centre and always welcomes new players. For more information on Powerchair Football in Fingal or if you are you interested in Playing Boccia in Fingal?" contact Stephen Mc Ginn Sports Development Officer Fingal County Council 01 8905457

## Laois



The Wheelchair Basketball club in Clonaslee had another good season in 08/09. Garrett Culliton has been working closely with Orla Dempsey of IWA Sport in running the club. The club trains every Monday evening from September through to the end of May each year. The club continues to grow each year and this season was no exception. At times there was anything up to 20 people attending the sessions.

A big thank you to all the parents, brothers, sisters and friends who helped out throughout the year.

An even bigger thank you to the Portlaoise Rotary Club, who raised €2750 at the beginning of the year, which allowed us to buy new Basketball Chairs for the club.



## Clare



A Cycling "Come & Try it Day" held in Lees Rd in early May for people with disabilities led to the participation of nine people with disabilities taking part in the 10km An Post Tour De Burren cycle. A variety of bikes were used including tandem and hand-cycles. Following this successful event it is hoped that a Disability Cycling Club will be set up in Clare.

## Kerry

Women with a sensory or physical disability in Kerry now have the chance to train with their own personal trainer. The "Choose 2 Move" programme is an 8-week programme of gym based physical activity organised by Liam McDonough, SIDO Kerry.

The 1 to 1 gym sessions are available throughout the week at a time that suits the participants for 1 hour per session in venues in Killarney, Tralee and Ballybunion.

At the end of the programme each participant is given a 'next step pack' which will provide all the advice needed to continue exercising. The participants will be eligible to apply for membership of the facility at a reduced rate enabling them to continue to be physically active.

There is a cost of €20 per participant to take part in the programme. Personal assistants or gym buddies are admitted free of cost.

## Mayo



Westport Leisure Park in association with Ray McNamara Sports Inclusion Disability Officer, Mayo Sports Partnership held an accessibility show case on Monday 16th March 2009. The event started at 10am with a Boccé Session, followed by Inclusive Gymnastics, Aqua Aerobics and Adapted Dance. Jarleth Cunningham gave some participants a feeling of what it's like to walk on water with the giant inflatable sealed ball that you get into and move around in on the surface of the water. There was an excellent turn out on the day with over 50 participants having the opportunity to try out a variety of activities.

## Monaghan/Cavan



Counties Monaghan & Cavan held the first ever GAA 'Come and Play for your County Days' for people with a disability. Each county individually held this exciting sporting event with over 160 people with a disability from various disability organisations/centres participating.

This initiative was rolled out in partnership with the Monaghan/Cavan GAA Coaching & Games Development Staff. As a result of this programme Monaghan & Cavan GAA Coaching & Games Development staff has expressed interest in running a programme aimed specifically for people with a disability in the near future. To find out more about the programme contact Jennifer Hill Sports Inclusion Disability Officer, Monaghan/Cavan Local Sports Partnerships.

## Limerick



Wheels in Motion are a Sports and Social club for people of all ages, founded by the members of the Mid West Spina Bifida and Hydrocephalus Association.

Wheels in Motion participates in a range of adapted sports. The club are heavily involved in the game of Boccia. We are currently in the second round of the National Cerebral Palsy Sport Ireland (CPSI) Boccia League. In 2008, we earned bronze medals in our first pedanque tournament in the International Corporate Games.

Based in the Delta Retail Park on the Ballysimon Road, we are in the process of developing a sports hall specifically for adapted sports. We hope to set up a Limerick based wheelchair rugby team in the near future. For more details contact Siobhan O Malley, Sports Inclusion Disability Officer, Limerick City Sports Partnership

## Meath



Over the past six months a group of service users from RehabCare Navan have benefited from participation in the sport of Korean Martial Arts with the support of Meath Local Sports Partnership. The group participate in weekly sessions at the Navan Korean Martial Arts Centre under the guidance of Master Dorim Kim. The group has progressed to such an extent that they recently gave a special demonstration of their skills at the 2nd Haidong-Gumbo Championship which took place on the 6th of June. The physical, psychological and social benefits of Korean Martial Arts have helped make it an ideal activity for all, regardless of age, ability or background. The RehabCare team hope to maintain their involvement and further develop their skills over the coming months, maybe we'll have a future black belt amongst the group!

## Sligo



Two cyclists from Sligo recently participated in the Health Service Executive's Mitzen to Malin Cycle 2009 in aid of the Irish Guide Dogs for the Blind. Tom Kavanagh and Martin Gordon are both visually impaired and completed the 700 km route on tandem bicycles with the support of a number of sighted tandem pilots. Both cyclists have been involved in Sligo Sport and Recreation Partnerships (SSRP) tandem cycling initiative set up through their Sports Inclusion Disability Project. Tom and Martin were both part of the 54 participants who completed the event, five of whom had a visual impairment. Shane Hayes, the Sports Inclusion Disability Officer with SSRP hopes to develop the tandem cycling initiative. To find out more about how they can get involved in tandem cycling or other sporting and recreational opportunities can contact Shane Hayes at 071 9161511

## Tipperary



Tipperary Hurling Team clash the ash at a recent Hurling Blitz in Dublin

On Saturday, June 6th the Tipperary Wheelchair Hurling team travelled to the IWA headquarters in Clontarf, Dublin for the Robert Doyle Cup. A bronze medal for their efforts, 10 goals in 3 games and the Tipperary team have grabbed the attention of the league organisers with an invite to participate in next year's league – all in all a great day out for Tipperary and just rewards for the hard work on the day by the lads in the blue and gold.

We are always looking for new players to come and join, if you would be interested in training with the team please contact Kathleen at the NTSP office on 067-43604 or by email on [kathleen@ntsp.ie](mailto:kathleen@ntsp.ie).

## Westmeath & Offaly



The Westmeath / Offaly Boccia Programme is open to all centres who provide services for people with disabilities in Westmeath. Each service provider must commit to having a minimum of two staff trained in the activity and also has to appoint a Boccia Co-ordinator. On completion of the programme each centre receives a grant to purchase a Boccia Set to include boccia in the timetable of the centre. Due to the success of this programme, a Boccia League was developed for National Learning Network/Rehab Care Centres in Westmeath and Offaly and implemented by the Sports Inclusion Disability Officers of Westmeath/Offaly Sports Partnership. Westmeath and Offaly Sports Partnership would like to take this opportunity to thank all involved and we look forward to our next Boccia encounter.

## Waterford



*I really enjoy the music and social interaction*

Evening fitness and dance sessions have been taking place in Waterford organised by Katie Kelly Sports Inclusion Disability Officer Waterford Local Sports Partnership for adults with a disability in association with dance instructors from Troy School of Dancing.

If you would like to receive more information on this class please contact: Katie Kelly on 051 849757 or [kkelly@waterfordsportspartnership.ie](mailto:kkelly@waterfordsportspartnership.ie)

## Dun Laoghaire - Rathdown

# Powerchair Football - What is it?



Never did I think that I would play one of my favourite sports in the world, at the tender age of thirty-seven!

It all began when I went to an information fair at the Stillorgan Park Hotel, for people with disabilities. It was here that I first was introduced to Powerchair Football, by Dún Laoghaire-Rathdown Sports Partnership. Powerchair Football is played by people that use power wheelchairs.

This game is the nearest thing to real soccer that powerchair users are going to get to participate in. It's a very competitive and tactical sport, and you need to be aware of what is going on around you on the court at all times. Powerchair Football has to be

played on a hard court in order to provide a surface that allows for ease of movement by the power wheelchairs. It is like normal soccer, as we have to get on our boots!

"Our boots" in this case is a guard around our footplates, and as I learned it would be advisable to use our footplates for adequate protection, just like shin guards!

Powerchair Football is a four-side game, of 25 minutes a half, and obviously the rules are slightly adapted for the power wheelchair users, but the beautiful game is not diminished in anyway, and there is always that competitive edge, which is necessary for any team sport.

Powerchair Football is very popular around the world as I discovered on YouTube, with International competitions and World Cups in existence; we have a bit of a journey ahead of us to be thinking about that level just now, but hopefully the game will take off in this part of the world.

CBS the American news channel have covered Powerchair Football in their news bulletins, which further cement its growth and popularity. The proof of its growing stature is highlighted by the Powerchair Football

leagues popping up all over Europe, so it is not too far from being a reality here that we may, ourselves, be partaking in a league of our own very soon, as there are teams being assembled all over Ireland as I write this article! Like me, a lot of people may have thought other sports for people with disabilities were very mundane, but with this game you can't help but be motivated by it and enjoy it.

Even those around me who never liked or enjoyed the art form that is soccer, are finding the football bug has burrowed under their skin and their enthusiasm cannot be measured!

I have to say that the game is very easy to get excited about and you can see why people want to be involved in Powerchair Football. It's a very passionate sport and you need to be very committed and dedicated to it. It gives people plenty of enjoyment from the game and that's very important to all Powerchair Football players.

\*Dún Laoghaire-Rathdown Powerchair Football Club trains every Friday evening at DLR Leisure Services Loughlinstown, Co. Dublin, and is co-ordinated by Dún Laoghaire-Rathdown Sports Partnership.

New Members Welcome! Queries to Phena O'Connor, SIDO, 01 271 9506.

Ciarán Nesbitt



# Summary Report on the Sports Inclusion Disability Officer (SIDO) Programme 2009

Niamh Daffy, CARA APA Co-ordinator  
Peter Smyth, Research Manager, Irish Sports Council

## Introduction

The Sports Inclusion Disability Officer (SIDO) Programme is funded from the Dormant Account Fund following a successful joint application by the Irish Sports Council, Local Sports Partnership (LSP) network and IT Tralee to the Fund in 2007.

The sole focus of the SIDOs is to support an increase in opportunities for people with disabilities to participate in sport and physical activity. €2 million was allocated over a two-year period covering 2008 - 2009 for the employment of 21 SIDOs located within relevant LSPs. [Note: The national LSP network comprises of 33 LSPs so that the SIDO programme does not have full national coverage.]

The introduction of the SIDO programme has allowed many LSPs to target a group which has traditionally been associated with relatively low levels of participation in sport and physical activity.

## Aims of the SIDOs

The main aim of the SIDO programme is to increase the number of people with disabilities participating in sport and physical activity.

This aim is achieved by :

- Establishing new and sustainable clubs /regular sessions
- Linking with local disability organisations around the assessment of needs and provision of opportunities for people with disabilities
- Communicating with all relevant disability sports organisations to enhance participation at local, regional and national level
- Creating effective working partnerships with sports bodies to encourage greater opportunities for people with disabilities to participate in physical activity
- Establishing 20 disability sports forums to guide the work of the SIDO's

## Opportunities

This report demonstrates that with the proper planning, co-ordination, support and measurement, initiatives like the SIDO programme can make an enormous value-for-money contribution to an important public policy objective of getting Irish people to be more physically active throughout their lives. Thus contributing to improved health, social well-being and economic success. At an annual cost of less than €1.5 million the programme has demonstrably increased participation in sport and physical activity among people with disabilities based on the provision of opportunities, reduction of barriers, development of partnerships, etc. In the current financial circumstances where it might be difficult for any one organisation or funding source to pick up the tab perhaps there is scope for a number of stakeholders / funding sources to contribute to its future.

## Impact

The SIDO Programme is having a measurable and significant impact on creating quality opportunities for individuals with disabilities to participate in sport and physical activity.

### IMPACT



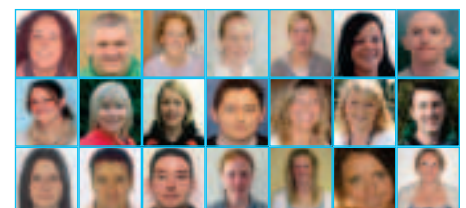
## Current Status

Both the Council of the ISC and the Minister for Disabilities, Minister John Moloney, T.D. have responded positively to initial briefings on what the programme has achieved to date and on its potential contribution in the future. The aim is to build on these engagements as a basis for garnering more widespread support for the continuation of the Programme beyond the current funding period.

## Critical Success Factors

The success of the SIDO Programme to date has been possible due to a number of contributing factors:

- A **strong national coordination mechanism** to oversee and manage the programme;
  - A **robust recruitment process** resulting in the employment of **high quality and committed personnel** as SIDOs;
  - The prior existence of the **LSP network** to provide strategic and operational context and support for the Programme;
  - Prior existence and the success of a part time disability officer position (funded through Dormant accounts) within Laois LSP as a platform to develop the current Programme;
  - The **CARA Adapted Physical Activity Centre's** role in coordinating, the Programme;
  - The establishment of **strong working relationships** with relevant stakeholders in the disability and sports sector and the openness of these groups to the emergence of the SIDO programme;
  - The formation of the **Disability Sports Forum** within each LSP to guide and support the work of the SIDOs;
  - The ongoing support and effective working partnerships with the **National Disability Sports Organisations**;
- Development of a robust national monitoring system to assess progress against stated objectives



# Wheelchair Hurling



## 1st Phase

In 1998 Wheelchair Hurling was introduced to St. Mary's Hospital & Residential School in Baldoyle, Dublin, now St. Michael's House, Special School. Tim Maher, a teacher in the school and then National Chairman of Cumann na mBunscol, experimented with the idea of replacing rackets with small hurleys and this experiment proved very successful indeed. The game quickly developed from there and soon became a big part of the school's P.E. programme. 22 and 24 inch hurleys and a ball (equivalent to a size 3 football) are used in the game which usually consists of 3, 4 or 5 aside. The number on each team obviously varies, depending on the size of the hall being used. The game became immensely popular with the pupils, both boys and girls and mixed teams are always used. Some pupils use power chairs and they quickly developed the various skills required such as striking, dribbling and passing. Teachers and classroom assistants assist pupils in

manual chairs who quickly developed the skills also. An internal school league was then run in the school and was a huge success.

## 2nd Phase

Gradually the game was introduced to other schools. By the end of the school year 1999/2000 four other schools were playing the game - Scoil Mochua in Clondalkin, Marino School in Bray, C.R.C in Clontarf and Enable Ireland in Sandymount.

## Development

In June 2000 a Wheelchair Hurling Blitz took place in the Irish Wheelchair Association Clontarf involving all 5 schools. The teams were mixed and in all 60 children took part. The second Annual Blitz was played in June 2001. The C.R.C. emerged victorious and were presented with the Peter Newman trophy. This trophy is a memorial to the Baldoyle School Captain Peter Newman who sadly died in June 2000. Peter was a most enthusiastic and talented player and the school felt that he should be commemorated in this way. In 2001/2002 a league involving all 5 schools took place. Each school played each other on a home and away basis. The two top teams played in the final and Baldoyle emerged victorious. The boys and girls were delighted to bring the Peter Newman trophy home with them. The league format continued and a further development took place in the school year 2002/2003 with Ballinteer Community School getting involved. In 2003/2004, the first efforts at getting the game introduced to schools outside Dublin was undertaken when players and teachers from Ballinteer and Sandymount travelled to Cork. They put on a display for pupils and teachers of Enable Ireland School, Ballintemple, Cork where it was



enthusiastically received. Efforts to increase playing numbers continue and our first National Hurling Blitz took place on Saturday the 6th June in the IWA Clontarf. It was a very enjoyable day and we were delighted with the turnout of over 30 players. Sandymount School were the overall winners and were presented with the 'Robert Doyle Cup' by Joan O' Flynn (President of the Camogie Association of Ireland). We now hope to make this Blitz an annual event.

## Sponsorship

As stated, the game has grown very quickly in popularity and this is reflected in the generous sponsorship which is now received annually from Cumann na mBunscol, An Choiste Náisiúnta and the Leinster G.A.A Coaching and Games Development Committee. Cumann na mBunscol Átha Cliath were most helpful in the early days, providing hurleys and helmets which enabled the game to get off the ground. The officers of the Cumann continue to lend their help and support to the venture in many different ways.

Tim Maher/ Máire Nic Giolla Phádraig  
087 2312630/086 8136456



**LIFESTYLE MOBILITY**  
Suppliers of Products to People with Special Needs

## Sports Equipment



### Power Chairs for Power Soccer

\* Free Pressure Relieving Cushion with every Chair supplied \*



### Sporty RGK Wheelchairs for Basketball or everyday use

\* Free set of Spinergy Wheels with every Chair supplied \*



### Wide range of Kiddies and Adult cycles



\*We can carry out a FREE assessment anywhere in the country\*

Please contact our office on 057-8644793 for more details or alternatively log an enquiry through our website  
[www.lifestylemobility.ie](http://www.lifestylemobility.ie)





## Adapted Physical Activity in Dublin City University

# School of Health and Human Performance



The School of Health & Human Performance was established in March 1999. The School offers three four-year undergraduate BSc. programmes: Sport Science and Health, Athletic Therapy and Training and Physical Education with Biology. Adapted Physical Activity (APA) was first introduced to the School in 2006 when one module was delivered to 3rd year Sport Science and Health students. Since then, the area has experienced much growth with three compulsory modules delivered across two degree programmes, Sport Science and Health and Physical Education with Biology. In addition to teaching, research in APA is developing as a focal research point within the School. Post-graduate research is currently being developed through PhD research in physical activity and health for people with intellectual disabilities. The cornerstone of all activities in DCU centres is the collaborative effort between the School and disability service providers, without whom, APA programmes and research could not be carried out.

APA + Adapted PE modules offered in the

degree programmes contain both theoretical and practical elements. Students gain valuable experience coaching (Sport Science and Health) and teaching (Physical Education with Biology) adults and school children with disabilities. All students are required to develop, implement and evaluate lesson plans for the individuals they work with in either a coaching or teaching context. In relation to Sport Science and Health, students are required to develop plans in three distinct areas: 1) Sport and Physical activity, 2) Fitness (cardiovascular, flexibility, strength training) and 3) Aquatics. Physical Education with Biology students are required to develop lesson plans in areas pertaining to the post-primary physical education curriculum. The guiding principal in working with athletes and children with disabilities is providing lessons that are adapted and individualised for the learner. Feedback from the students and programme participants is very positive with one student recently commenting:

"In the future, I will feel more comfortable when working with children or adults with

disabilities... I feel I am a lot more capable of successfully including people with special needs into my PE classes. I thoroughly enjoyed the whole experience".

A key development in APA in the School was the establishment of Stewarts APA Centre. The Centre is a state of the art inclusive facility that provides Stewarts Hospital service users, with APA programmes. Education programmes on health promotion such as nutrition and smoking cessation are also provided in the Centre. The Centre, co-ordinated by Siobhan Keenehan, is unique and innovative in Ireland. It was the first centre specifically developed for people with disabilities in collaboration with an academic institution working to inform best practice and research in APA and APE. Students gain practical experience working with people with disabilities in a physical activity environment and many carry out research and projects at under-graduate level. Post-graduate research is also carried out in conjunction with the Centre. The Centre is fully accessible with dual-access equipment. Future plans for the Centre involve opening it for public use with the aim of establishing an inclusive community based facility providing opportunities for people with and without disabilities to engage in physical activity in an accessible, supportive and inclusive environment.

Dr. Sarah Meagan

## Inclusive Exercise & Health Fitness - As Part Of New Diploma Pathway



An exciting new initiative between the National Council for Exercise & Fitness (NCEF) and CARA Adapted Physical Activity Centre will be launched shortly. The new Inclusive Exercise & Health Fitness Module will form part of the NCEF Diploma in Exercise & Health Fitness (DEHF) Dual Strand Pathway.

### Recognition

This Module is accredited by the University of Limerick and carries 15 ECTS Credits towards the Diploma in Exercise and Health Fitness (DEHF). The DEHF is placed at Level 7 on the National Framework of Qualifications (NFQ).

### Inclusive Exercise & Health Fitness Specialist Module

The aim of this module will be to provide qualified Exercise & Health Fitness Professionals with the knowledge, skills and competencies to provide safe, effective and enjoyable exercise & health fitness activities for people with physical,

sensory or cognitive disability, who are healthy and have medical clearance to take part in physical activity.

This Module will be available in 2010 and applications will be taken through NCEF Head Office from Jan 1st 2010. Details will be available on the NCEF Website in the coming months.

### Module Content

Participants who undertake this module will cover a number of specific topics: Exercise Physiology, Screening Procedures, Adaptations for Fitness Assessment, Programme Planning & Design, Adapted Exercise & Health Fitness Activities, Advanced Instructional Skills, Benefits of Physical Activity, Physical Activity Recommendations, Lifestyle Guidelines, Exercise Precautions and Contraindications, Motivation, Participation and Adherence, Injury Prevention and Emergency Procedures, Guidelines for Referral, Communication & Interaction Skills, Integration & Social Inclusion, Legislation, Case Studies.

### Module Details

This module will take place over 18 – 20 hours contact time which will include both face to face and e-learning modes followed by assigned work experience, project work, private study and final written and practical assessments.

Entry Requirements:

Certificate in Exercise & Health Fitness (CEHF)

Those who hold an equivalent or similar qualification are eligible to apply through the NCEF/UL Recognised Prior Learning (RPL) Scheme. Applicants must complete a Portfolio of Learning which is available on [www.ncefinfo.com](http://www.ncefinfo.com)

### Career Prospects

Participants who are successful in this module will be in a position to increase the number of opportunities for people with disabilities to participate locally in physical activity and sport in a variety of settings such as voluntary groups,

local sports partnerships, gyms and leisure centres.

### Applications and Fees

Details of the application procedure and module fees may be found on the NCEF Website [www.ncefinfo.com](http://www.ncefinfo.com) in the coming months.

### NCEF Autumn Workshops

This new module will be launched as part of the Diploma in Exercise & Health Fitness Dual Strand Pathway at the NCEF Autumn Workshops – Broaden Your Pathway to Success which will take place on Sat 31st October 2009 at the University of Limerick.

Niamh Daffy from the CARA APA Centre and Mark Barry, Sports Development Officer for IWA-Sport will present a workshop on Inclusive Exercise & Health Fitness at this event.

Four other workshops also being presented on this day will provide tasters of new or newly updated modules which have been developed by the NCEF; Pilates & Corrective Exercise, Health Related Activity for Teenagers, Studio Cycling, Inclusive Exercise & Health Fitness, Fit for Life – Lifestyle Management (E-Learning) and Facility Operations in Exercise & Health Fitness (E-Learning). These modules form part of the (DEHF) Dual Strand Pathway.

This event will provide an excellent opportunity to continue professional education. We are all facing challenging economic times so it is important that you continue to develop new skills and competencies to be the best Exercise & Health Fitness Professionals you can possibly be – the industry is in constant demand for innovative, creative and productive professionals. Invest in yourself and your clients. Register now, sample the sessions, network with fellow professionals and explore pathways to greater success.

Further information on the workshops and registering for this event is available by contacting the NCEF Head Office; **P:** 061-202829; **E:** [ncef@ul.ie](mailto:ncef@ul.ie); **W:** [www.ncefinfo.com](http://www.ncefinfo.com)

**Conference & Annual General Meeting • 2nd – 4th October, 2009**

Hosted by the Institute of Technology, Tralee, Co. Kerry

(Dept. of Chemical, Life Sciences & Health & Leisure)

Venue: Fels Point Hotel, Tralee, Co. Kerry

## ***“The Power of PE: Towards Enhanced Citizenship and Self Empowerment”***

The theme of this year’s conference is “The Power of PE: Towards Enhanced Citizenship and Self Empowerment”, which is being co-hosted by the Institute of Technology Tralee. An exceptional line up of presenters have been invited to deliver to this enlightening theme, while practical workshops have been organised to ensure that delegates will leave the conference both invigorated and full of tangible ideas to bring back to their schools. Back up resource materials in the form of DVDs, handouts and relevant reference material will ensure that everybody benefits from this particular conference.

The conference theme will permeate all sessions, and sessions have been planned to reflect the widest of delegate interests, to include: all levels of Physical Education delivery - primary, secondary & tertiary; while addressing the areas of : diversity in PE; the role of PE in human physical flourishing; the value of the Physical Educator in schools; schools as communities of learning; adapting PE for those with special needs; while incorporating this message through orienteering, aquatics, dance, futsal, tennis & the fitness studio.

**Registration Forms available shortly through the PEA Office, Department of Physical Education & Sport Sciences, University of Limerick, Limerick. Phone: 061 234155/Fax: 061 202814; PEA website [www.peai.org](http://www.peai.org) ; Institute of Technology Tralee website [www.ittralee.ie](http://www.ittralee.ie)**

Edel Randles, Lecturer, Dept. of Health & Leisure Studies, ITT; PEA Conference Organising Committee

# **O' SHEAS OF KERRY**

**Your Accessible Transport Company**

**New Multi  
Purpose  
Wheelchair  
Friendly  
Coach**



We cater for all types of events including Corporate, Day Tours, Sports Events, Weddings, Airport Transfers, UK & Ireland Tours

***From 19 Seater up to 57 Seater Coaches Available***

**For Enquires Call: 066 7180123**



## Health and Leisure

In the last edition of the CARA Focus newsletter the 2nd year Health and Leisure students had just begun the new introductory APA module. Students were introduced to the concept of APA and how to adapt games and activities to cater for different disabilities. In the practical sessions much time was spent getting familiar with disability sports/activities as well as more inclusive activities. Students then got an opportunity to work with groups of participants from various local organisations where activities included circuits, badminton, gym, and basketball. As always those best placed to reflect on the experience are the students themselves: "Overall I felt that this was a very worthwhile class and I gained a lot of very practical experience which I will carry with me into my future endeavours" secondary student.

Twelve of this group have chosen the Adapted Physical Activity stream as the specialist area for their degree. The strand will start off in September with a module on APA in the outdoors which will include adventure games, watersports, woodland activities, high ropes and rock climbing.



## Social Care

Following a programmatic review the second year disability studies module to become common to both health and leisure and social care students from next September. From January to May 2009 the last cohort of third year students taking the old module completed another successful term of lectures and practicals. Again in the words of a student: "Overall I enjoyed the experience; I now understand that working with this client group can be so enjoyable and rewarding. They are great fun and enjoyable to be around and it now is an area of work which I would consider for the future. I would recommend this experience to anybody and advise them to stay open to changes in the areas they would like to work in" 3rd yr student.

## Early Childhood Care and Education

For the first time 4th year BSc Early Childhood Care and Education students completed an adapted physical education element to their special education studies. The content focused on early intervention to enhance physical and motor skill development for young children. "I really benefited from the class of special education; I feel I have more confidence in adapting a game to suit children of all needs and disabilities. I feel confident enough to be able to work in a class room setting of special needs children. Thank you very much for this" 4th yr student.

## EIPET

The European Inclusive Physical Education Training resource pack is nearing completion and will be launched at the Burlington hotel in Dublin on Friday 23rd October. The one day event will include some high profile speakers from across Europe and will include interactive discussion with delegates. For more information see [www.eipet.eu](http://www.eipet.eu)

For more information contact Pat Flanagan [pat.flanagan@staff.ittralee.ie](mailto:pat.flanagan@staff.ittralee.ie) or Catherine Carthy [catherine.carthy@staff.ittralee.ie](mailto:catherine.carthy@staff.ittralee.ie)

## Halliwick Ireland June 2009

Last February, another Halliwick Foundation course was held at Banna, Co. Kerry. This was attended by 21 participants from different parts of Ireland and one recreation therapist joined us from Australia! The course was very successful and well done to all the participants. In May, an Advanced Halliwick Teaching Course was held again at Banna. The advanced teaching course is open to anyone who has previously completed the four day Foundation Halliwick Course and aims to prepare instructors to teach the pool work of the Halliwick Concept to potential helpers/instructors. Six people attended and congratulations to all who passed their Halliwick Instructor's Certificates on the final day of the course.

The next foundation course will take place in October. Dates and pool are still to be confirmed, but anyone interested in getting more information can contact Aoife Ní Mhuirí or Ursula Barrett at ITTralee. Email: [aoife.nimhuiri@ittralee.ie](mailto:aoife.nimhuiri@ittralee.ie) or [ursula.barrett@ittralee.ie](mailto:ursula.barrett@ittralee.ie)

Plans are in motion to set up an Irish National Halliwick Association. There will be a meeting on the Saturday of the October foundation course to elect a committee and establish the Irish Association. We would like to invite anyone who is interested in becoming involved to come to this meeting, details of which will be circulated at a later date. Again, please contact Aoife Ní Mhuirí or Ursula Barrett at ITTralee for further details.



### European Inclusive Physical Education Training Launch of Model – Module – Resource Pack

Friday 23<sup>rd</sup> October, 2009  
Burlington Hotel, Dublin, Ireland  
[www.eipet.eu](http://www.eipet.eu)

8.30am	Registration
9.00am	Welcome and Opening address
9.15am	<b>Key Note 1:</b> Pat Flanagan Institute of Technology Tralee will present an overview of the EIPET project
9.45am	<b>Key Note 2:</b> Inclusive Physical Education in Europe
10.15am	Testimonials from real people outlining the real life experiences that demonstrate the need for initiatives such as EIPET
11.00am	Coffee
11.30am	<b>Key Note 3:</b> EIPET Model and Module
12.15pm	Table discussions
12.45pm	Feedback
1.00pm	Lunch
2.00pm	<b>Launch</b> and distribution of EIPET resource packs
2.15pm	<b>Key Note 4:</b> Resource Pack
2.45pm	Table Discussion
3.30pm	<b>Key Note 5:</b> European Commission Presentation of EIPET alignment with EQF
3.45pm	Panel Discussion
4.30pm	Closing address



## CARA Adapted Physical Activity Centre

Institute of Technology  
South Campus  
Tralee, Co. Kerry

Tel: +353 66 714 5646

Fax: +353 66 714 5651

Email: [niamh.daffy@staff.ittralee.ie](mailto:niamh.daffy@staff.ittralee.ie)

[www.CaraApaCentre.ie](http://www.CaraApaCentre.ie)

***A loss of sight...***

## **...Never a loss of vision**

The CARA APA Centre and the Institute of Technology Tralee is currently looking at establishing Ireland's first ever Camp Abilities in Kerry next year. Following successful partnerships between the CARA APA Centre, IT Tralee and Camp Director Dr. Lauren Lieberman in New York, Ireland is privileged to begin planning the development of its own programme and become part of the network of camps that have been so successful across the United States.



Camp Abilities is a residential recreation camp for children with visual impairments. The aim of Camp Abilities is to empower children with sensory impairments to be physically active within their schools, communities, and society in general.

If you would like more information or would like to become involved in helping with the organisation of the camp including fundraising, facilities, volunteering etc. please contact **Ursula** or **Niamh**:

[ursula.barrett@staff.ittralee.ie](mailto:ursula.barrett@staff.ittralee.ie) 066 714 4201

[niamh.daffy@staff.ittralee.ie](mailto:niamh.daffy@staff.ittralee.ie) 066 714 5646



Proudly supported by:

INSTITUTE OF TECHNOLOGY  
**TRALEE**  
INSTITIÚID TEICNEOLAÍOCHTA TRÁ LÍ

