



ANNUAL REPORT 2025



CAVAN
Sports Partnership
Comhpháirtíocht Spóirt an Chabháin
— SPÓRT ÉIREANN —

CAVAN SPORTS PARTNERSHIP



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



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CAVAN SPORTS PARTNERSHIP



Message from Chairperson & Sports Coordinator

On behalf of Cavan Local Sports Partnership, we are delighted to present our 2025 annual report. Cavan LSP works with a range of partner agencies in the County to improve access to participation for all, increase the quality of the activity experience, promote the greater utilisation of facilities and implement local initiatives for target groups that have lower rates of participation.

This annual report gives an insight into the significant work undertaken by CSP to create and promote sport and recreation opportunities for all people in Cavan.

In 2025, Cavan LSP organised and delivered a wide range of training courses, workshops and targeted physical activity programmes for all ages, abilities and sports. We supported our local sports clubs through training & education and our sports club grant scheme. Participation numbers have increased and we were delighted to achieve bronze at the Xcessible awards earlier in the year - a testament to the work we do in the area of inclusion.

We would like to thank the sports partnership staff, partnership board, our partner agencies, organisations, schools and clubs who contributed to the continued development of sport and physical activity opportunities in the county.

A final thanks to both Cavan County Council and Sport Ireland for the continued support for Cavan LSP.

Cllr. Brendan Fay
Chairperson CLSP

Nadine Mc Cormilla
Sports Coordinator

INTRODUCTION

Cavan Sports Partnership aims to provide participation in sports and physical activity opportunities for all, maximise the use of local facilities and to implement initiatives throughout the county for target groups that have lower levels of participation in physical activity. To achieve this, it is imperative that the organisation works in cooperation with the wide range of partners and stakeholders, both at local and national levels.

Cavan Sports Partnership operates as a substructure of Cavan County Council, guided by a Board comprised of key local stakeholders and influencers in sport and activity. Fundamental to the operation and success of the Sports Partnership is developing and maintaining strong working relationships with partners throughout the county and beyond, including local sports clubs and communities, National Governing Bodies of Sport, statutory agencies, sports providers including coaches and trainers, target group networks, volunteers and the wider community.

In 2025 CSP organised and delivered a wide range of training courses, workshops and specific physical activity programmes for all ages and abilities. Under the guidance of Sport Ireland and Cavan County Council we continued to develop and provide activity opportunities for all, communicate information and provide funding/supports to develop sustainable initiatives.

2025 Recap

12,337 people participated in our programmes & events

495 programmes, initiatives & education pieces rolled out countywide



YOUTH & SCHOOLS

2,626 Participants



COMMUNITY PROGRAMMES

2,816 Participants



ACTIVE ADULTS

612 Participants



WOMEN IN SPORT

819 Participants



Flagship campaigns during the year included Women in Sport Week, HER Outdoors, European Week of Sport and Bike Week.

SPORT

4EMPOWERMENT

558 Participants



€381,534

Sport Ireland Core funding received

€371,823

Other funding - Dormant accounts, HSE, Healthy Cavan, Age & Opp, Bike Week



1,299,706



Social media reach

20,782

Content interaction and link clicks

8,100

Facebook followers



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



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SECTION 1

Background, Funding and Resources





1.1 BACKGROUND

On the 25th July 2018 the Department of Transport, Tourism and Sport launched the 2018-2027 National Sports Policy. The National Sports Policy aims to increase sports participation in Ireland from 43% to 50% by 2027, the equivalent of 1% per year. To achieve this the policy highlights the need to tackle participation gradients by targeting groups in our society that participate significantly less than the overall average. These include people with disabilities, people from lower socio-economic backgrounds, women and girls and ethnic minority groups, such as the Traveller community.

The National Sports Policy recognises the key role played by Cavan Sports Partnership in sports participation and how it can assist in the delivery of the participation actions set out in this Policy. “The Sports Partnership network plays a vital role and has been tasked, in particular, with increasing participation levels in sport and physical activity, especially among those sectors of society that are currently underrepresented in sport. Their capacity to remove barriers and ensure that opportunities for participation in sport are progressive, innovative and fully inclusive at a local level is a unique and valuable strength.” – *National Sports Policy 2018-2027*

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

For 2025, the Sport Ireland investment has been increased across the network of 29 Local Sports Partnerships (LSPs), with a total investment of **€381,534** for Cavan. Sport Ireland will utilise 2025 funding to continue to enhance the capacity of LSPs and increase the reach and impact of LSP initiatives across Ireland. The 2025 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 will ensure that LSPs can deliver and sustain programmes and provide the necessary supports to clubs and communities to participate in sport.

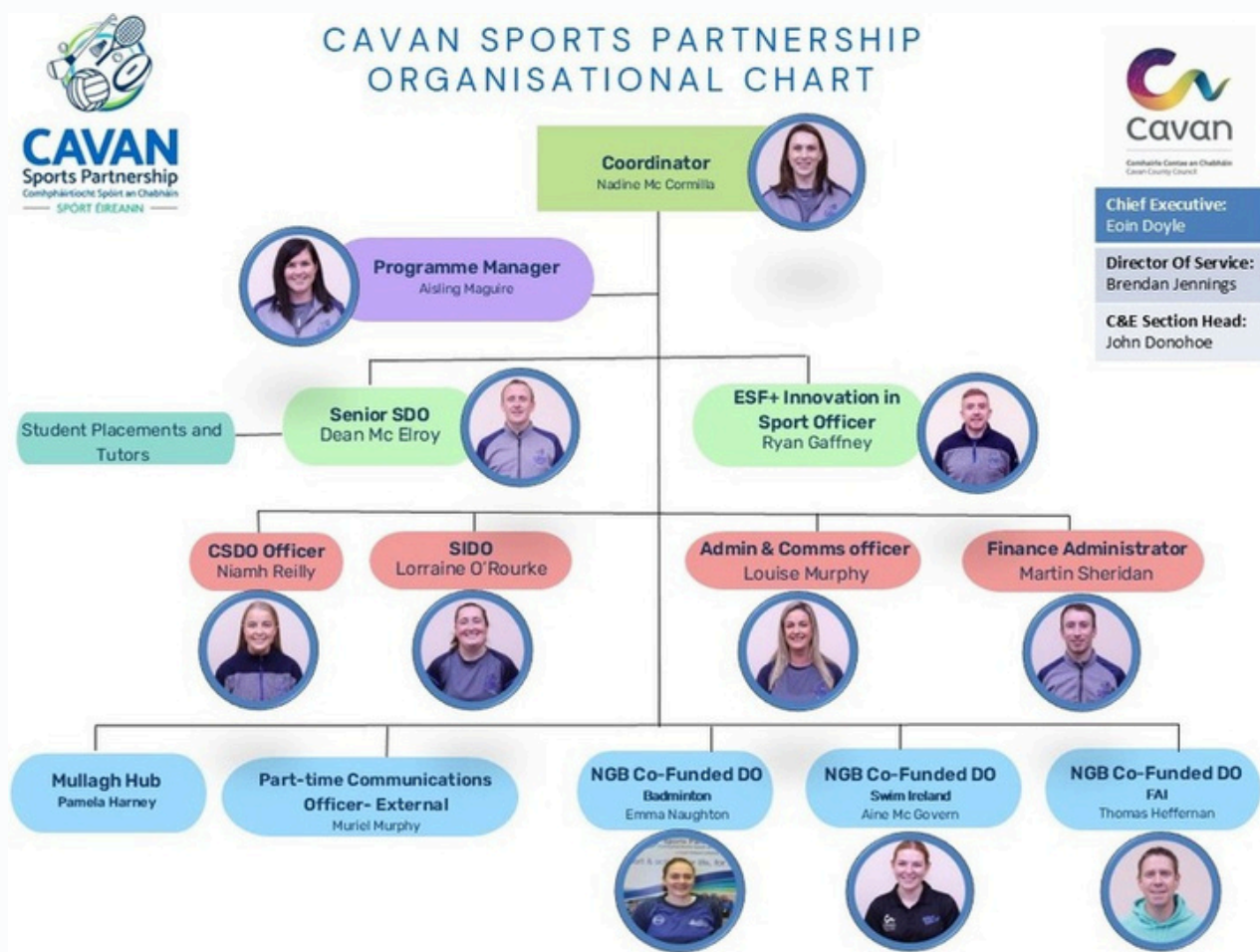


1.2 CSP STAFF AND RESOURCES

In 2025 Cavan Sports Partnership had eight county council contracted staff with recruitment of two new roles - Finance Officer and a Communications & Admin Officer

Additionally, Cavan Sports Partnership have three co-funded development officers based in the county in collaboration with National Governing Bodies: FAI, Swim Ireland and Badminton Ireland. Through Dormant accounts and service level agreements with Mullagh community, a part time hub coordinator is in place.

Through implementation of sports programmes and physical activity opportunities throughout the year CSP contracted **83** coaches/tutors to deliver LSP initiatives in local communities.





1.3 CSP BOARD AND GOVERNANCE

In 2025, CSP board continued to work and support the work of the organisation with 4 board meetings taking place throughout the year.

The CSP board members bring a range of specific skill sets to the work within the LSP. Their expertise is in the areas of finance and management, as well as public relations, governance, and sporting knowledge. All of this helps to contribute to the effective running of Cavan Sports Partnership

A Code of Practice

Cavan Sports Partnership Boards and Staff complies to the Governance Code of Sport – A Code of Practice for Good Governance of Sport Organisations in Ireland, with the statement of compliance being signed at the November board meeting.

CSP Financial accounts were processed and signed off as per financial procedures with Cavan County Council.

CSP recruited a Finance Officer and a Communications & Admin Officer which will allow the Development Officers to focus more on activating communities, planning and delivering programmes.

CSP supported the consultation and development of the 'Active Cavan' Local sports plan and Outdoor Recreation plan, a local authority led action from the national sports policy which launched in June 2025.



1.3 CSP BOARD AND GOVERNANCE

Name	Organisation
Angela Fitzpatrick	Cavan Co Co
Monica McCrory	HSE
Maureen McIntyre	Cavan & Monaghan E.T.B.
Louise Clarke	Cavan Institute
Pamela Carney	CCLD
Brian Donohoe	Primary Schools
Marie Mc Govern	Secondary Rep
Anne Marie Fay	Secondary Rep
Noel O’Gorman	Sporting Rep
Una Mc Glone	Sporting Rep
Rachel O’Hanlon	Sporting Rep
Pat McEnroe	Sporting Rep
Larry McQuaid	Sporting Rep
Martin Cahill	Sporting Rep
Cllr. Patricia Walsh	Elected Representative
Cllr. Damien Brady	Elected Representative
Cllr. Niamh Brady	Elected Representative
Cllr. Brendan Fay	Elected Representative
Cllr. Niall Smith	Elected Representative



1.3 ORGANISATIONAL STRUCTURE

Cavan Sports partnership is an initiative of Sport Ireland and operates as a substructure of Cavan County Council under the Community and enterprise section.

We were delighted to welcome Angela Fitzpatrick as the new Community Development section head after she was appointed to the position mid-year.





1.3 CSP FUNDING IN 2025

€753,357 was invested in CSP in 2025 through funding and grants from various sources.

- Sport Ireland Core investment of €381,534 supports the core work of CSP; including supporting employment of 6 staff (Coordinator, Programme manager, Community sports development officer, Sports inclusion disability officer, Sports administrator and Senior sports development officer).
- In 2025, an additional investment of €83,000 from Sport Ireland through the European Social fund for the employment of an 'ESF+ innovation for sport officer' to deliver empowerment for sport programme.
- €22,900 was awarded to 64 sports clubs, community groups and schools to support participation and build capacity.
- €25,000 was successfully secured through applications for infrastructure development projects in 2025.

2025		
Sport Ireland	Amount	Description
Core Funding Received	€381,534	Salary, operating costs, communications & marketing, club development grants,
DAF 2025	€118,500	Women in Sport funding , Safeguarding & Programme funding
HER Outdoors	€3,500	Week campaign in August to increase female participation in the outdoors
Regional Dev Officer Day	€1,323	
ESF	€83,000	Salary & Programme implementation
Staintecare Specialist	€7,500	
Stakeholder Funding		
Bike Week	9797	Week Campaign in May to promote cycling across county
HSE	25000	Salary & Programme funding for Older Adults, community and people with a disability
Healthy Cavan	29500	Sport & Physical activity implementation plan for HC Outcome indicator
Age & Opp	700	support Older Adult come & try Physical activity event
Fame	€6,003	Funding received from HSE to run 2 programs
Staintecare Funding	€12,000	Funding Supports from Healthy Ireland to promote physical activity
Basketball Ireland	€5,000	Club Development Grant
Cavan Co Council Contribution	€45,000	Local Authority funding towards running Programmes/ Salary
Infrastructure		
Healthy Ireland Open Water Swimming Infrastructure Funding 2025	€25,000	3 Projects Supported : Cuilcagh Lakelands Geopark, Arva Development Association & Brackley

SECTION 2

Achievements of CSP in 2025



Outdoor Swimming Infrastructure Fund Recipient led to the installation of a disabled access ramp and gate in Arva Outdoor Pool



2.1 INTRODUCTION

CSP undertakes a wide range of actions and initiatives with the aim of increasing sport and physical activity participation levels throughout the county

These actions are in alignment with the 3 strategic aims of CSP below.

Theme 1: Building Participation

To continually improve the opportunities for all people of the county to participate in sports or to be more active, with particular focus on those with currently low participation rates

Theme 2: Enhancing community capacity and partnerships

To continually improve the human and physical resource base for sports and activity in Cavan and nurturing the relationships and collaborations which make things happen

Theme 3: Improving communications and marketing

To create more awareness and understanding, of the work of CSP and consolidating its position as the information portal for sport and activity in Cavan



2.2 DEVELOPMENT OF LOCAL SPORTS CLUBS AND COMMUNITIES

A key objective for CSP is that there is a sustainable level of development within the local sports structures. CSP 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 and physical activity options.

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 and support for Clubs and Communities

- **€15,400** was awarded through the Club Equipment Grant Scheme to 50 sport clubs and sporting organisations that are affiliated with a Sport Ireland NGB. Breakdown of funding came from the following sources; €8,800 from the Sport Ireland Club Equipment Grant Scheme, €3,600 for inclusive clubs & €3,000 for Club development through Healthy Cavan.
- **€5,000** was awarded from Basketball Ireland for Club Development.
- **€25,000** was awarded for outdoor swimming infrastructure, supporting projects in collaboration with Arva Area Development Association, Cuilcagh Lakelands Geopark, and Brackley Triathlon Club for delivery in 2026.
- **€30,000** that was awarded for outdoor swimming infrastructure in 2024, supported delivery of infrastructure projects in 2025 at four locations, Arva, Killeshandra, Barnagrow & Virginia.
- **€27,500** was designated for the Mullagh Community Activity Hub, while **€10,500** went to Bailieborough Urban Outdoor Hub.
- A successful application for the Participation Nation Fund secured **€108,750** for two 3v3 basketball courts and biodiversity projects in Con Smith Park, Cavan, and Morrissey Park, Belturbet.
- **504** individuals participated in various training and education courses, including safeguarding, first aid, soccer, badminton, swimming, handball, basketball, volleyball, cycling, physical activity leadership, and inclusion training.
- Through Dormant Account/SIDP funding we were able to install 4 wheelchair carousels in playgrounds.



2.2 2025 CLUB EQUIPMENT GRANT SCHEME BREAKDOWN

CLUB	Amount Awarded
Arva LGFA	€250
Ballinagh Camogie Club	€250
Ballyhaise Celtic	€250
Ballyjamesduff AFC	€250
Ballyjamesduff Tennis Club - MUGA	€250
Cavan Boxing Club.	€250
Cavan Canoe Club	€250
Cavan Cats Volleyball Club	€250
Cavan Celtic FC	€250
Cavan Lakers Basketball Club	€250
Cavan Racquetball Club	€250
CM LAKELANDS FISHING CLUB	€250
Co Cavan RFC	€250
Cootehill Badminton Club	€250
Cornafean LGFA	€250
County Cavan Cricket Club	€250
County Cavan Golf Club	€250
DB Cycling Club	€250
Denn Running Club (Denn GFC)	€250
Drumalee GFC	€250
Drumgoon Ladies	€250
Drumlane GAA Club Mothers and Others group.	€250
Drung GAA	€250
Irish Wheelchair Association, Cavan	€250
Kildallan GAA	€250
Kill Camogie Club	€250
Kingscourt Harps AFC	€250
Knockbride LGFA	€250
Lacken Camogie Club	€250
Lacken Celtic GFC - Men's Club	€250



2.2 2025 CLUB EQUIPMENT GRANT SCHEME BREAKDOWN

CLUB	Equipment
Lacken LGFA	€250
Lakelands Taekwondo Club	€250
Lavey G4M&O	€250
Mountnugent Juvenile Club	€250
Mullahoran GAA	€250
Mullahoran LGFA	€250
Newtown Celtic FC	€250
Ramor United GAA club	€250
Ramor Watersports Club	€250
Redhills Mothers&Others	€250
RehabCare Bailieborough Day Service	€250
Shercock Camogie Club	€250
Shercock GFC on behalf of Mothers and Others Group	€250
Smugglers Cycling Club	€250
Templeport LGFA	€250
UCL Harps FC	€250
Virginia RFC (Virginia All Blacks)	€250
	<u>€12,000</u>



2.2 CLUB DEVELOPMENT WORK

Club Development Work

CSP supports providers of sports and physical activity across the county, as well as working with sports clubs, communities and individuals to introduce new sports opportunities and pathways for participation in physical exercise.

- 64 clubs/ community groups were supported in Funding.
- 30 clubs/groups were provided with templates from CSP
- Inclusion Grant - 12 clubs received support to run programmes and camps for people with a disability
- S3 solutions Club Development Programme - 15 clubs attended a free four-part workshop series to support local clubs in strengthening governance, improving strategic planning, and accessing funding opportunities. Topics included Funding Application Support, Action Planning, Club/Community Consultation & Governance

CSP plays a key role in advising clubs in the areas of planning, evaluation and in the development of governance, standards and policies.

This support work helps clubs to make improvements to attract and retain members.



2.3 TRAINING AND EDUCATION COURSES

CSP provides a range of training and education opportunities at local level for volunteers, coaches and administrators. The initiative aims to support individuals and groups with necessary qualifications, skills and experiences to increase the capacity and confidence in providing sport and physical activity their local community.

Course	Number of Participants
Training & Female Menstrual Cycle	24
Coaching Teenage Girls	6
Sports Inclusion Disability Awareness Workshop	13
Autism in Sport Workshop	37
FAI Safeguarding & Coach Development	189
Sports First aid	49
Safeguarding One - Child Welfare & Protection Basic Awareness Workshop	54
Volleyball Teacher Training	4
Safeguarding Two - Club Children's Officer	32
Safeguarding Three - Designated Liaison Person	23
Badminton - Leaders of the Future	16
Badminton Level 1 Coaching Course	11
Club Development	19
Table Tennis Activator	11
Women in Sport Leadership	16
Total:	504



2.4 DELIVERING SPORT IRELAND PROGRAMMES

CSPs Safeguarding programme 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 the area of safeguarding and child protection. To advance this function, Sport Ireland offers three workshops in the area of safeguarding and child protection.

- **Safeguarding 1** - Basic Awareness (all coaches)
- **Safeguarding 2** - Club Children's Officer (role specific)
- **Safeguarding 3** – Designated Liaison Person (role specific)

Safeguarding 1 Child Welfare & protection Basic Awareness	Safeguarding 2 Club Children's Officer	Safeguarding 3 Designated Liaison Person
Workshop 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 & 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



2.5 PARTICIPATION INITIATIVES

The design, delivery and review of targeted programmes by CSP directly increases the level of local participation particularly amongst the harder to reach social groups.

Through their local expertise and connections within the sports infrastructure, CSP is able to identify specific needs and plan accordingly. In 2025, CSP maintained its delivery of an innovative range of participation programmes;

Who We Target





2.6 CSP PARTICIPATION INITIATIVE HIGHLIGHTS

In 2025, CSP successfully organised and delivered **495** targeted programmes and initiatives, engaging **12,337** individuals across various ages, abilities, and backgrounds.

- **2,626** children and young people participated in a diverse range of sports and physical activities.
- **992** individuals with disabilities were supported through inclusive programmes.
- **819** women engaged in programmes, training, and events delivered through our 'Women in Sport' work.
- **612** adults aged 55+ took part in sports and activity sessions.
- **558** individuals took part in events and programmes organised through our European Sport4Empowerment programme
- **2816** individuals participated in community-targeted initiatives.
- **504** individuals received training and education in various sporting disciplines.
- **CSP supported community hub projects, club grants and co-funded sports development officers** in collaboration with FAI, Swim Ireland, and Badminton Ireland.





YOUTH PROGRAMMES

Schools programme

Cavan sports partnership schools programme aims to increase participation, build capacity, and strengthen links between school, clubs, NGBS and other key stakeholders.

The school subcommittee is made up of reps from the County childcare committee, primary, secondary and 3rd level who inform and assist with the development of the school programme

- **Pre-school:** We engaged with 16 services in total and 400 children participated in a balance bike programme in 2025.
- **Primary Schools:**
 - 163 children took part in the Badminton "Leaders of the Future" event, with 16 teachers trained.
 - 1,437 children competed in the FAI Primary 5's competition, while 505 took part in Futsal in the Yard.
 - 1,383 primary school pupils took part in multi-sport programmes - volleyball, athletics, basketball and badminton to name a few.
 - 397 students took part in cycling events during Bike Week
 - 25 children took part in 5-week after school Basketball programme
 - 137 children took part in Athletics - Try Track & Field
 - 148 children took part in a Table Tennis roadshow
- **Secondary Schools:**
 - The HERmoves project engaged 193 girls from five schools in a six-week multi-activity programme featuring Yoga, Pilates, Sel-Defence, Jiving and Dance martial arts, and educational workshops.
 - 89 students took part in a Table Tennis youth leadership programme
 - 86 stuents completed a 'Badminteen' female youth leadership programme





Active Adults 55+

Cavan Sports Partnership delivered 37 programmes, including chair aerobics, strength and conditioning, Pilates, Yoga, Zumba, Badminton, Golf, Aqua Aerobics, learn-to-swim sessions, Activator walking, and Lawn Bowls, involving 612 adults.

Sports Inclusion Programme

Cavan Sports Partnership is committed to providing sport and physical activity opportunities for children and adults with disability.

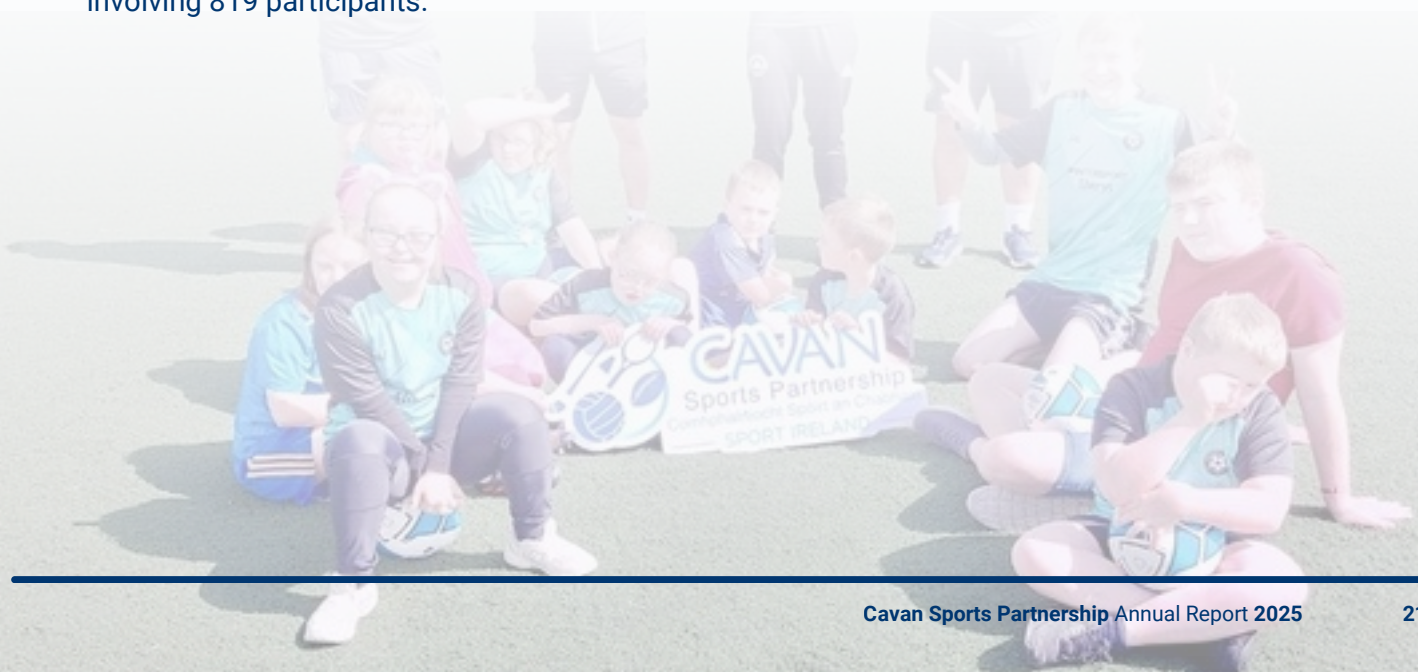
CSP delivered 48 programmes, including Tai Chi, Athletics, Tennis, Chair Exercises, Soccer, Basketball, Kayaking and Martial Arts involving 992 participants.

Women in Sport

The aim of the women in sport programme is to increase women's sustained involvement in sport and implement the Women in sport policy under the 4 target areas.

Cavan Sports Partnership works in conjunction with schools, clubs, NGBs, community groups and organisations to increase participation, build capacity, create awareness of opportunities in the county and increase the visibility of women in sport locally.

CSP delivered 57 programmes, campaigns, and events as part of its Women in Sport initiative. Key activities included Women in Sport Week, HEROutdoors Week, HERmoves projects, and Menowell. Participants engaged in swimming (indoor and outdoor), yoga, Pilates, kayaking, canoeing, stand-up paddleboarding (SUP), dance, exercise, cycling, tennis, badminton, and soccer involving 819 participants.





Sport 4 Empowerment (S4E)

The S4E programme uses sport and physical activity to promote social inclusion and improve the well-being, education, and economic opportunities of marginalized groups.

Cavan sports partnership successfully recruited an ESF+ innovation for sport officer in October 2024. The officer works closely with ethnic minorities, youth at risk, disadvantaged communities, and individuals with disabilities to implement socially innovative sports initiatives. In 2025, 558 participants took part in 52 programmes provided through the Sport4Empowerment initiative.

'Active Cavan' Local Sports Plan & Outdoor Recreation Plan 2025 - 2030

In 2025, CSP supported the development of the Local Sports Plan, a local authority-led action from the National Sports Policy. This five-year plan aims to map sports participation, activity, and infrastructure development across Cavan, ensuring a comprehensive, whole-council approach to supporting sport and physical activity.

Event and Campaigns

CSP supported numerous events and campaigns, including: Women in Sport Week, Active Schools Initiative, Bike Week, HEROutdoors Week, Embrace Your Space Event, Men's Health Week, European Week of Sport, National Play Day, Family Fun Days and Stakeholder Engagement Events.

ACTIVE CAVAN;

A Local Sport and Physical Activity Plan for Cavan
2025 - 2030





2.7 NETWORKING ADVOCACY AND AWARENESS RAISING

Developing relationships with local and national partners is key area of the work of CSP and in supporting this objective CSP actively engages in committee work and networking activities.

In 2025 CSP LSP engaged with over 40 organisations at both national and local level, including 20 National Governing Bodies, HSE and other external organisations, these partnerships are key to the impact of the work of CSP.

The local and national networks 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 CSP, as well as profiling their ongoing work. They are also a sounding board for advice and recommendations as to what CSP can do to assist sports clubs and partners.

List of Communities and Boards with CSP representation in 2025

- Cavan Disability Network
- Cavan Health and Wellbeing Committee
- Cavan Age Friendly Interdepartmental Team
- CYPSC
- Healthy Cavan & Sláintecare Cavan
- Outdoor Recreation committee
- Mullagh activity hub
- Cavan Regional Leisure centre



2.8 BUILDING AND SUSTAINING PARTNERSHIPS

Information Provision

CSP acts as an information hub and point of contact within communities. CSP works to share information, as well as direct, signpost and refer their target groups to the most appropriate next step, whether that is a link to a sports club, a community-based organisation or a volunteering opportunity.

CSP develop specific resources to highlight and promote the range of activities and opportunities available locally. This can be in the form of newsletters, press releases, booklets, directories, as well as through translated documents. CSP maintains active databases of local organisations and groups as well as email contact lists. Research publications and presentations are also used regularly to disseminate key messages regarding participation.

The following section presents an overview of the range of communications that CSP use

Summary of CSP Promotion in 2025

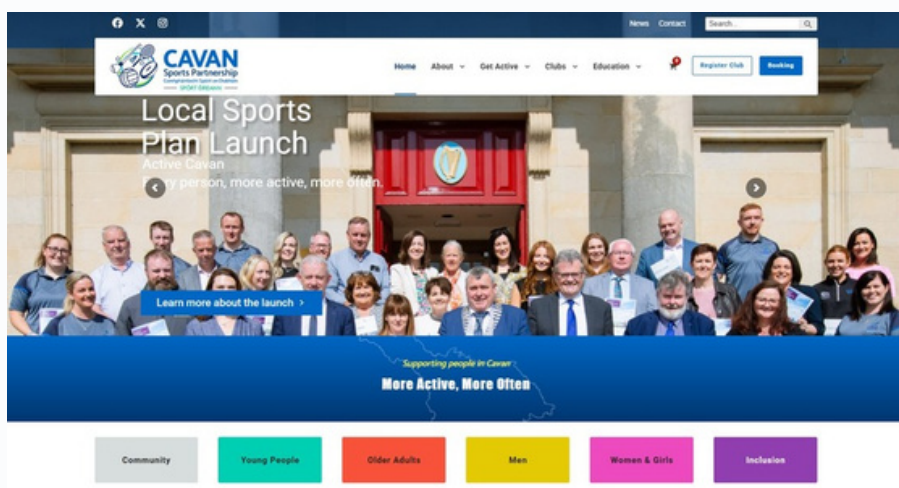
CSP Website visits	16,285
CSP Website resource downloads	39
Facebook posts in 2025	553
Number of Facebook Followers in 2025	8100
Instagram Posts in 2025	507
Number of Instagram Followers in 2025	1290
Number of people on email mailing list	1260
Number of Articles in Local Press	3
Number of local Radio Interviews	0
Newsletters Produced	10
Newsletter Digital Views	4417



2.9 NEW WEBSITE AND LOGO FOR CSP

We launched our brand-new website on May 8th. The website was developed by Bluescope Technologies with a lot of input from Staff and an external marketing contractor. The end result is a user-friendly website where you can see all our upcoming events to book online.

The new website also allows users to discover all the latest local sports programmes and resources for schools, clubs and communities and events through our integrated online booking system.



Cavan Sports Partnership also unveiled their new logo in May 2025! The new logo sports eye-catching colours and clean lines and we believe it will make our brand more recognisable.

Old Logo



New Logo



SECTION 3

Case Studies





3.1 ACTIVE ADULTS 55+ GET INTO GOLF

What was the purpose of the Programme?

The purpose of the Active Adults 55+ Get into Golf programme was to introduce beginners to golf in a fun, social and engaging environment while par taking in physical activity.

What were the aims of the Programme?

The aim of the programme was to make golf more accessible to beginners in a non-competitive environment while creating a club pathway.

What was involved in the running of the Programme?

Cavan Sports Partnership initiated two programmes - one for Males and one for Females. We liaised with the golf club and the Instructor to find a suitable time to run a 6-week programme. Once the date, time and cost was agreed, we advertised the programme on our social media channels and had participants sign up via our website. On the first day, our Development Officer went to meet the groups and brought sign-in sheets. Continuous check-in's with the Instructor and a final feedback form was issued to participants at the end of the programme.

What were the outcomes of the Programme?

- 2 programmes were delivered, 1 for men 55+ and one for women 55+
- 16 participants took part (10 women & 6 men)
- The club provided a discounted membership rate and gained 2 new members.

What are the next steps for the Programme?

- We encouraged all participants to take advantage of the discounted membership rates so they can continue to enjoy golf and improve on their skills.



3.2 IPA FOOTBALL PROGRAMME

What was the purpose of the Programme?

To help members of the IPA centre feel less socially isolated and more welcome within the local community

What were the aims of the Programme?

- To bring members of the IPA centre together for 90mins of physical activity a week
- To help members of the centres start to build rapport with each other
- To start the process of integrating members into the local community

What was involved in the running of the Programme?

- Initial meetings with the local integration team to discuss possible programmes.
- Coffee mornings arranged at the centre to gauge interest and decide on a suitable programme.
- Secure suitable venue and coach to facilitate programme delivery
- Persistence was required as on week 1 only 2 participants attended. This grew to 15 on week 6.

What were the outcomes of the Programme?

- Numbers attending our programme grew each week
- Participants were provided with 90mins of physical activity for 6 weeks
- Participants built a great relationship with their coach, the ESF officer and the Integration team
- Participants built rapport amongst themselves and were noticeably more interactive
- Participants were keen to continue the programme

What are the next steps for the Programme?

- It was agreed to deliver another 6 week block of football that started in June 2025.
- The group took part in an IPA resident football tournament in July





3.3 HER MOVES SECONDARY SCHOOL PROGRAMME

What was the purpose of the Programme?

To give teen girls the opportunity to take part in several different activities over a 6-week period

What were the aims of the Programme?

- Allow girls to try new activities in a non-judgemental zone
- Raise awareness about the various activities on offer throughout the County, that teen girls may not otherwise have been aware of.
- Promote exercise and wellbeing as a fun and positive thing to do

What was involved in the running of the Programme?

- 6-week multi activity programme with 1st year girls in 5 different secondary schools:
- St Aidan's Cootehill (48 girls) The Royal (35 girls) Dun na Ri (54 girls) St Bricins (19 girls) St Mogues (37 girls)
- Liaising with schools and Coaches/Tutors to ensure dates and times suited both
- Consent forms to be completed and attendance sheets

What were the outcomes of the Programme?

- 193 girls across 5 different schools got to try a range of activities with their friends in an environment that they felt comfortable and not judged.
- The girls made new friends through a shared interest in a new activity or exercise
- A lot of the participants expressed an interest in attending one or more of the activities when the programme had ended.

What are the next steps for the Programme?

- Girls discussed what sports/activities are available in their local area and what they could try.



3.4 CAVAN SWIM SERIES – ANNAGH LAKE

What was the purpose of the Initiative?

Promotion of open-water swimming for all ages. This race had a Children's wave for ages 9+, followed by the Adult's races which included distances of 3km, 1.5km and 750metres. By holding an event that catered for children and Adults that could sign up for a distance that suited them, attendance was greater. 71 participants completed the race.

What were the aims of the Initiative?

- Increase participation across Swim Ireland programmes and activities in Cavan
- Increase number of people who take part in open-water swimming and encourage open-water swimmers to compete

What was involved in the running of the Initiative?

- Agreement in place between partners Swim Ireland, Cavan Sports Partnership, Cavan County Council as well as a number of other organisations who played a part on the day: Cavan Civil Defence, Tony Gregory Kayak Club, Clarkes of Cavan, Aine & Martin's Coffee.
- Location identified following stakeholder engagement and consultation.
- Identify targeted groups and stakeholders through outreach to Communities and Groups

What were the outcomes of the Initiative?

- 71 people competed - ranging in ages from 9yrs old to Active Adults 55+
- A sense of community and belonging among participants
- Creating friendships through shared interests

What are the next steps for the Initiative?

Continue to support the Get Cavan swim officer in partnership with Swim Ireland and Cavan County Council. Through the officer, identify areas and programmes to support more swimming opportunities in Cavan.



THANK YOU



CAVAN
Sports Partnership
Comhpháirtíocht Spóirt an Chabháin
— SPÓRT ÉIREANN —

We appreciate the time you have taken to explore the positive impact the Cavan Sports Partnership has had on the wider Cavan Community in 2025. We endeavour to expand our reach for 2026 to continue to deliver our mission of an Active Cavan; "Every person in Cavan has the opportunity to be more active, more often".

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