

Good practices in HEPA

NAME OF THE ACTIVITY

Community Sports and Physical Activity Hub

LEADING ORGANISATION

Sport Ireland

COUNTRY

 Ireland

HEPA-RELATED TOPIC

Socially disadvantaged groups' access to HEPA

TYPE OF ACTIVITY

Guidelines, information, physical activity

TARGET GROUP

General population with a focus on low socio-economic areas

OBJECTIVES

The Community Sports and Physical Activity Hub is a collection of progressive sports clubs and other local organisations that want to work together to improve sport offered in their local community. The Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to engage in a more active lifestyle. Community Sports Hubs aim to increase the number of people of all ages, backgrounds and abilities participating in sport and physical activity within their communities. The Community Sports and Physical Activity Hubs project is funded by Sport Ireland through the Dormant Accounts Fund (DAF).

ACTIVITIES

The Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to engage in a more active lifestyle. A CSH can combine a number of facilities, or it may simply centre on a single venue hosting many clubs. Irrespective of its approach, each Hub focuses on one of three themes.

a) Community Sports Hub: This is a Hub where the community is at the heart and is centred around community participation. This includes developing and strengthening linkages between the community, sports clubs and other physical activity groups.

b) School Community Sports Hub: This is a Hub that maximises sports facility usage through linkages with the local schools, community, sports clubs and other physical activity groups.

c) Outdoor Community Sports Hub: This Hub will focus on the development of the outdoor space as a Hub, increasing the linkages between the community, sports clubs and other physical activity groups.

RESULTS / EVALUATION

An evaluation of the first 9 CSHs funded in 2015 (Clare, Donegal, Limerick, Mayo, Sligo, Tipperary, Waterford, West Cork and Wexford) indicates that Community Sports and Physical Activity Hubs are a viable and useful model to increase levels of participation in sport and physical activity in a community. Overall, the Hubs were perceived as being positive additions to communities. Data has shown that Hubs have positively facilitated relationships between clubs and other organisations and they have improved access to affordable sports and physical activity opportunities in communities.

TIPS & TRICKS

Increased participation is best achieved when Hubs deliver on all 4 areas of the framework: provision of a pathway, well-trained people, strong organisations and quality facilities.

WEBSITE

www.sportireland.ie

CONTACT

contactus@sportireland.ie