

GymABLE Club Inclusion Project 2019

Summary Report

Clubs Involved

In 2019, 18 clubs applied and received funding for program development and / or coach edification. Clubs listed below:

- Athy GC
- Ballincollig GC
- Carrigaline GC
- Citadel GC
- Cork Acro GC
- Coolmine GC
- DP GC
- Dungarvan GC
- Dynamo GC
- Excel GC
- Killeevan GC
- Nadia GC
- Rathdrum GC
- Renmore GC
- Salto Middleton GC
- Sugarloaf GC
- Supersonic GC
- Wexford GC

Education

- 3 GymABLE Disability training modules were run in April, September, and November, with 55 coaches attending in total.

National Awards:

1. Irish Sport Industry Award

The Irish Sports Industry Awards, which are in their fourth year, recognise the invaluable relationship between business and sport in Ireland. These awards recognise the value that sport adds to the Irish economy while also acknowledging the work done by those National Governing Bodies and Local Sports Partnerships who deliver on the continued investment from business.

<http://sportforbusiness.com/event/2019-irish-sport-industry-awards/>



Winner: Gymnastics Ireland

Runners Up:
Triathlon Ireland
Tennis Ireland
Swim Ireland



National Inclusion Forum

This took place on Sunday 8th December 2019. The event was opened by Brenda O'Donnell from Cara, and keynote speaker Ellen Keane.



DISABILITY CLUB FORUM

Sunday, 8th December 2019

Irish Sport HQ



Expert speakers included:

- Martin Kavanagh - Education Expert: "What does it mean to be inclusive"
- Club Round table discussion - Cork Acro, Wexford and Dynamo accompanied by their LSP/SIDO and disability group.
- Janice Brett - St Cecilia's Special School : "Autism and sport: practicalities in the gym"
- Helen Corrigan & Sherly John: "ADHD & Gymnastics, the latest research"
- Fiona O'Dwyer - Lámh: Helping People Communicate
- Owen Mooney - SOI: How to engage & coach children with an ID

Conferences

3rd iCoach Kids International Conference, Limerick

Gymnastics Ireland presented a practical workshop at the 3rd iCoach Kids International Conference in June 2019 on the development of the GymABLE program

<https://www.icoachkids.eu/final-international-conference-of-the-icoachkids-project-will-be-in-limerick-2019-save-the-date.html>



Clare Sheehan from Cork Acro GC and Aimi Baker Participation Manager led the practical session, with GI Disability Ambassador, Scarlett Beacher (Cork Acro GC).

Research

Collaborative Study (HSE/ CAMHS, Citadel Gymnastics Club and GI) published on the work carried by the Citadel GC and the HSE Occupational health department on the GI GymABLE programme.

This program used the template set up by the Wexford CAMHS and Wexford GC in 2018.



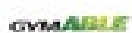
GymABLE Programme

A Gymnastics Group Intervention for children
with
**Attention Deficit Hyperactivity
Disorder (ADHD)**

Louise McGeffigan, MSc (OT), BA (Psych)
Occupational Therapist, North Donegal Child and
Adolescent Mental Health Service

Jemma Colclough, MSc (SLT), BA (Hons)
Speech and Language Therapist, North Donegal Child and
Adolescent Mental Health Service

Many thanks to Helen Corigan (OT) and Sheryl John (SLT) from CAMHS
Wexford, as this project was adapted from their original concept
"Experiencing Success: A Gymnastics Group Partnership Programme for
children with
**Attention Deficit Hyperactivity
Disorder (ADHD)"**



Special Olympics - Gymnastics Ireland Pilot Collaboration

Special Olympics - GI development pilot. We plan to run a few small pilots with our current clubs to facilitate gymnasts in these clubs taking part in both our GI participation events and SO events, with the idea of providing even more opportunities for our members with disabilities. Three clubs have been identified as possible interested parties: Renmore, Wexford and Salto Middleton Gymnastics Clubs.

**Special
Olympics**



<https://www.specialolympics.ie/>

New Initiatives proposed for 2020

- GymABLE Inclusion Mark will be a “quality” mark for clubs to aspire to in terms of inclusion. Clubs will then be able to use this to advertise and promote as an Inclusive club.
- Online educational workshop resources currently in production. These are short 10 min videos of disability gymnastics content from clubs who have developed their disability programmes through the GymABLE programme. The aim is to share this information with all our clubs to support and motivate them to develop their own GymABLE club programmes.

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