

Active & Healthy Leitrim

A Local Sport & Physical Activity Plan for Leitrim

2026 - 2031



Comhairle Chontae Liatroma
Leitrim County Council



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01. Foreword

The Leitrim Local Sports and Physical Activity Plan represents a significant step in our shared ambition to support a healthier, more inclusive and more active County Leitrim..

Set against the backdrop of Leitrim's remarkable natural beauty, from its lakes, rivers, mountains and greenways to its rural landscapes and sporting infrastructure, this plan reflects the unique character of our county and the strong sense of community that defines its people.

Leitrim is a place where community spirit, volunteerism, resilience, and connection are deeply valued, and where sport and physical activity continue to play a vital role in bringing people together.

Informed by national policy and shaped by extensive local engagement, this plan sets out a clear and ambitious vision: that all residents of Leitrim have the opportunity to participate in sport and physical activity in ways that suit their needs, interests, abilities and lifestyles. Whether through organised sport, recreational activity, outdoor adventure, walking groups, community initiatives, or everyday movement, we want everyone in Leitrim to feel supported and encouraged to lead active, healthy and fulfilled lives.

The plan recognises the immense contribution of clubs, schools, volunteers, coaches, community organisations, and local leaders who work tirelessly to create opportunities for participation across the county. Their commitment and passion are central to the continued growth of sport and physical activity in Leitrim and to the wellbeing of our communities.

This plan builds on the strong track record of Leitrim County Council and Leitrim Sports Partnership in promoting physical activity and community wellbeing over many years.

This progress has been supported by significant investment in infrastructure, including the development and upgrading of leisure centres, community facilities, club amenities, playing pitches, cycle lanes and greenways, as well as pedestrian pathways, walking trails and recreational play spaces.

Three strategic themes will guide our work over the next five years:

- **Active People and Communities** – supporting individuals, clubs and community groups to participate, develop and sustain involvement in sport and physical activity.
- **Active Spaces and Places** – enhancing and expanding facilities, infrastructure and environments to make participation more accessible across the county.
- **Active Communication and Partnerships** – strengthening collaboration and promoting positive messaging to encourage greater engagement in sport and physical activity.



Michael O'Rourke
Leitrim Sports Partnership Chairperson



Joseph Gilhooly
Leitrim County Council Chief Executive

02. Introduction

The aim of the Local Sports and Physical Activity Plan (LSP) is to increase participation in sport and physical activity across County Leitrim by creating more opportunities, improving accessibility, and providing a wider range of sporting options for local communities.

The plan focuses on developing inclusive and welcoming environments, where people can engage in physical activity and experience the health benefits of a more active lifestyle.

We recognise the wide-ranging benefits of regular participation in sport and physical activity, such as improved physical and mental health, enhanced social connection, and positive impacts on the economy, climate action, and community regeneration. These align with our broader council objectives outlined in our Corporate Plan 2024-2029.

This plan demonstrates our 'collaborative approach' and commitment to Action 8 of the National Sports Policy. A whole-of-council approach is essential to achieving these objectives, underpinned by strong cross-departmental collaboration. Leitrim County Council is committed to fostering active lifestyles through the planning, provision, and management of public open spaces and sports facilities, the delivery of grant funding supports, and the development of strong partnerships with key stakeholders.

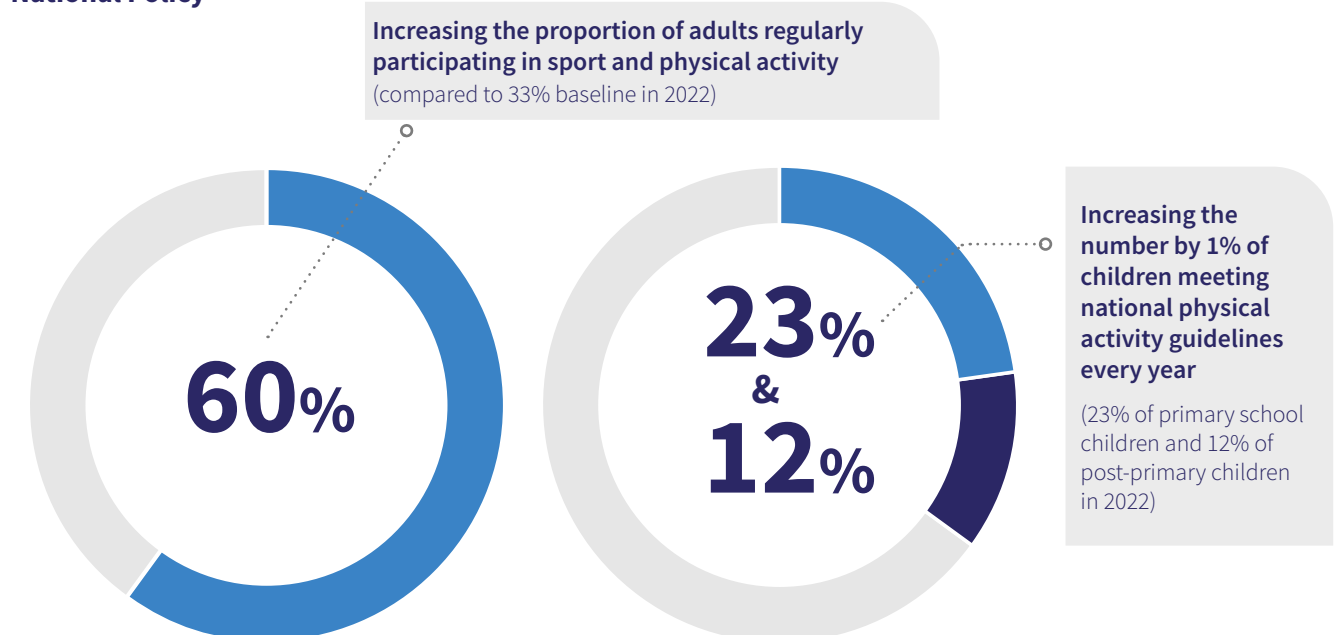
This coordinated approach will support the effective delivery of the plan, which aligns with and complements the strategic objectives set out in the Leitrim County Development Plan 2023 - 2029 and the Local Economic and Community Plan (LECP) 2023-2029, along with other relevant Council policies. Collectively, these frameworks ensure a coherent and strategic approach to enhancing sport and physical activity opportunities across County Leitrim.

Physical activity can take many forms to suit people's individual lifestyles, including walking, cycling, rowing, kayaking or gym workouts.

Levels of participation vary from person to person, ranging from occasional weekly activity to more regular involvement through clubs and organised groups. It is therefore essential that appropriate resources and supports are in place to meet the diverse needs of communities and to encourage participation at all levels.

This plan aims to increase participation in sport and physical activity across all disciplines, while simultaneously investing in and developing the facilities and infrastructure required

National Policy



03. Our Local Sports and Activity Plan

The County Leitrim Local Sports and Physical Activity Plan sets out how sport and physical activity will be developed, supported and delivered throughout the county, from a partnership driven approach.

The plan recognises that the aim to increase participation levels is a shared responsibility, requiring strong leadership and collaboration from all stakeholders.

Leitrim County Council provides overall strategic direction and plays a key role in helping to implement the plan, working with the various range of stakeholders.

These include the following:
Leitrim Sports Partnership, Schools, Sports Clubs, Volunteer Groups, Health Services, National Governing Bodies and many more. Each partner makes up a piece of the pie and contributes a valuable set of expertise, available facilities and local insight into what needs to be done.

Through this interlinked network, programmes and initiatives will be developed and delivered, alongside the continued improvement and expansion of new and existing facilities county-wide. This approach remains flexible, allowing for adaptations to be made in response to local needs and changing participation opportunities.

The Local Sports and Physical Activity Plan is guided by a commitment of shared responsibilities, ongoing monitoring and evaluation of the key steps needed for the plan to succeed. This will in turn ensure accountability, leading to continuous improvement and maintaining alignment with the overall end goal of creating a County Leitrim that supports its residents and encourages sustainable, active, healthier lifestyles.



Community



People



Togetherness

04. Setting the Plan in Context

This Local Sports and Physical Activity Plan is informed by Government, National, Regional, and Local Policy, as well as extensive consultation, gathering a clear understanding of community needs.



National Policy Alignment

The positive impact of regular sport and physical activity participation is far-reaching, cross-cutting, and prioritised across these policies, is summarised below:

Governmental Policy

- Programme for Government: Securing Ireland's Future 2025
- Project Ireland 2040 National Planning Framework & Development
- National Development Plan (2021-2030)
- Climate Action Plan 2025
- National Sustainable Development Plan (2022-2024)



National Sport Policy

- National Sports Policy 2018-2027
- Sport Ireland Participation Plan 2021-2024
- National Physical Activity Plan (2025)



National Health Policy

- Healthy Ireland Framework and Strategic Implementation Plan 2023-2027
- Every Move Counts: The National Activity and Sedentary Behaviour Guidelines for Ireland (Healthy Ireland 2024)
- Sharing the Vision: A Mental Health Policy for Everyone (2020-2030)



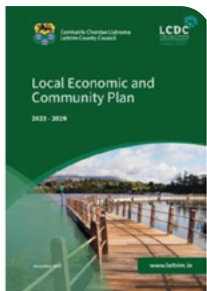
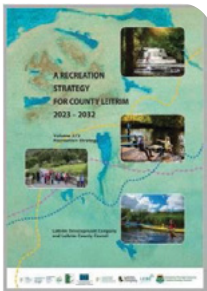
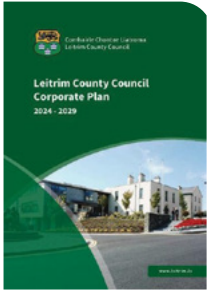
International Policy

- United Nations: 2030 Agenda for Sustainable Development
- Global Action Plan on Physical Activity (GAPPA) Framework 2018-2030



Local Policy Alignment

- **Leitrim County Council Corporate Plan 2024–2029** sets out a strategic vision over a five-year period to make Leitrim a vibrant, sustainable, and inclusive county where people can live, work, and thrive. The plan provides a framework for service delivery, infrastructure, and community support, guided by key themes of strong communities, economic growth, environmental sustainability, and organisational effectiveness. It prioritises quality of life, social inclusion, and collaboration, ensuring a coordinated and responsive approach to meeting the evolving needs of residents and stakeholders.
- **Leitrim Recreation Strategy 2023–2032** provides a 10-year framework for developing and managing outdoor recreation across the county. It aims to improve access to activities by supporting sustainable infrastructure such as trails, greenways and blueways, while also protecting natural assets. The strategy highlights the role of recreation in enhancing wellbeing, tourism and quality of life. The plan also promotes collaboration between the Council, community groups and stakeholders to maximise long-term sustainable use of outdoor infrastructure.
- **Leitrim County Development Plan 2023–2029** sets out a long-term framework for managing housing, economic growth, infrastructure and environmental protection across the county. It aims to support sustainable development while balancing social, economic and environmental needs. The plan focuses on protecting natural resources, improving local amenities and enhancing quality of life. Additionally, it also promotes health, inclusion, recreation and active travel, ensuring that local communities have opportunities that support physical and mental wellbeing.
- **Leitrim’s Local Economic and Community Plan (LECP) 2023–2029** sets out a coordinated approach to economic growth and community development across the county. It aims to enhance quality of life, support sustainable livelihoods and strengthen social inclusion. Through collaborative partnerships, the LECP guides investment and service delivery, recognising the importance of community, enterprise, wellbeing and participation, including sport and physical activity.



LCC Development Plan

The Leitrim County Development Plan 2023–2029 provides a strategic framework for the county’s growth. It outlines policies on housing, economic development, infrastructure, environment and community services. The plan supports sustainable development, aligns with national policy, and focuses on strengthening towns, managing rural housing, and improving quality of life while protecting the natural environment.

Our Objectives are:



County Plan Alignment

- Strategic Objective S03 (Recreational Infrastructure):**
To facilitate the provision of and improvements to community, social and recreational infrastructure, and ensure universal access to such facilities throughout the county for all its residents. **S03**
- Strategic Objective S05 (Sustainable Transport):**
To provide for sustainable transport infrastructure and connectivity including walking and cycling infrastructure and initiatives and optimise the return of investment on infrastructure while preserving the natural and built heritage. **S05**
- Strategic Objective S06 (Reducing Carbon Footprint):**
To achieve a sustainable, integrated and low carbon transport system for the county, and to protect, improve, and extend water services and other enabling infrastructure in line with national, regional and local population as well as economic growth for the county. **S06**
- Strategic Objective S07 (Protecting the Natural Environment):**
To protect, conserve and enhance the built, natural and cultural environment through promoting awareness, utilising relevant heritage legislation and promoting good quality urban and rural design. **S07**

05. Why is our Sport and Physical Activity plan important?

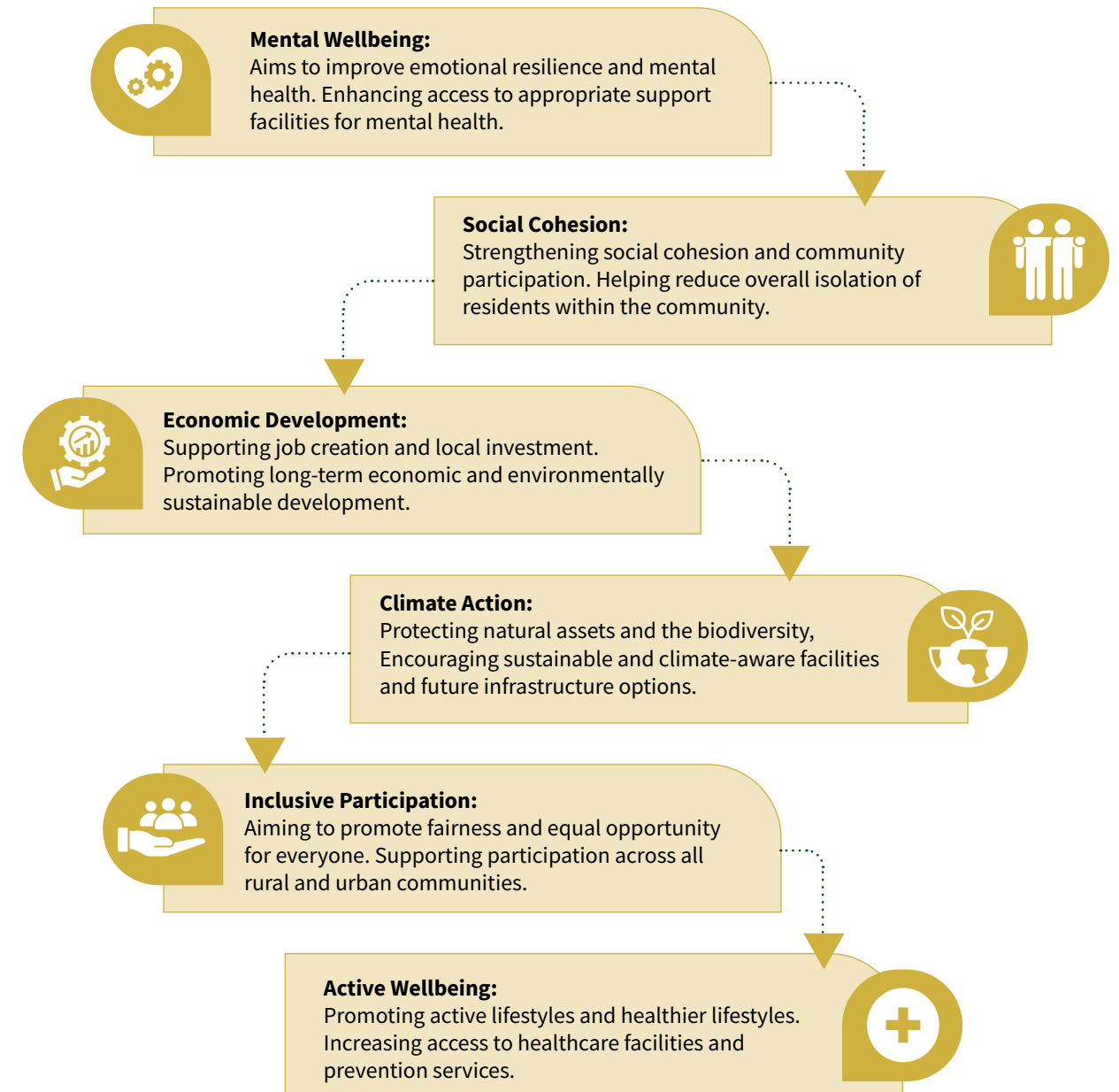
Participation in sport, physical activity and recreation has a positive impact on individuals, communities and the environment, supporting the overall development of County Leitrim.



The cross-cutting impact of Sport and Physical activity

These activities strengthen social connections, enhance physical and mental wellbeing, and promote equality through inclusive and accessible opportunities for all. Evidence from the World Health Organization (2024) and

Sport Ireland highlights the significant role of physical activity in improving health outcomes, reducing social isolation, and fostering community cohesion.



The Economic Impact of Sport and Physical Activity

In 2021, Sport Ireland commissioned the Sport Industry Research Centre (SIRC) at Sheffield Hallam University to assess the value of Sport in Ireland. The study examined both the economic impact of sport, including the value of sport volunteering, and the health impact of participation in sport and physical activity nationwide. The findings demonstrate that regular participation in sport and physical activity delivers measurable and substantial benefits for physical and mental health, particularly amongst those achieving the recommended levels set out in the National Physical Activity Guidelines (150+ minutes per week).

Sport and physical activity make a significant contribution to Ireland’s economy by generating billions in annual spending, supporting employment, and delivering strong returns on public investment. The latest statistics show:

- Irish households spend €3.3 billion annually on sport and sport-related goods and services, equal to 3.1% of the value of consumer spending in the Irish economy
- sport-related spending contributes €3.7 billion in value added to the Irish economy, equivalent to 1.4% of economy-wide Gross Domestic Product (GDP)
- sport and sport-related activities support over 64,000 full-time equivalent jobs, over 2.8% of the overall level of employment in Ireland
- sport-related volunteering activity is estimated to have an economic value of €1.5 billion per annum
- 97,000 disease cases prevented annually through participation
- Estimated €400+ million in healthcare savings per year

Sport, Physical Activity & Sustainable Development

All UN Member States adopted the 2030 Sustainable Development Goals (SDGs) in 2015 to promote a more sustainable, inclusive, and prosperous world. Sport and physical activity play an important role in supporting these goals.

Leitrim County Council is committed to contributing to the SDGs by increasing participation in sport and physical activity through an inclusive, partnership-based approach, with a focus on improving access, opportunity, and wellbeing—particularly for underrepresented groups



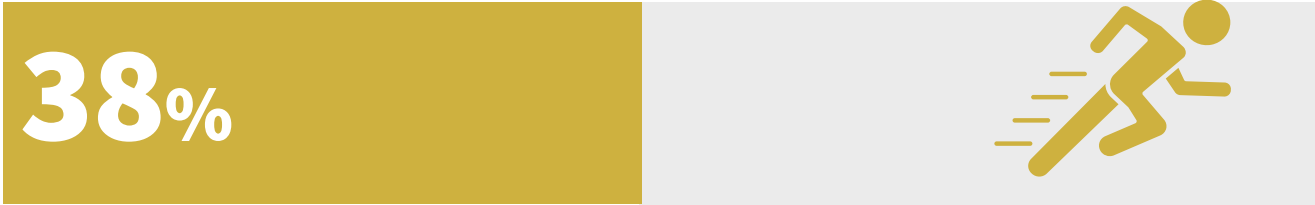
(17 Sustainable Development Goals (Council 2024))

<https://www.sportireland.ie/news/benefits-of-sport-on-irish-society-and-economy-confirmed-by-new-study>

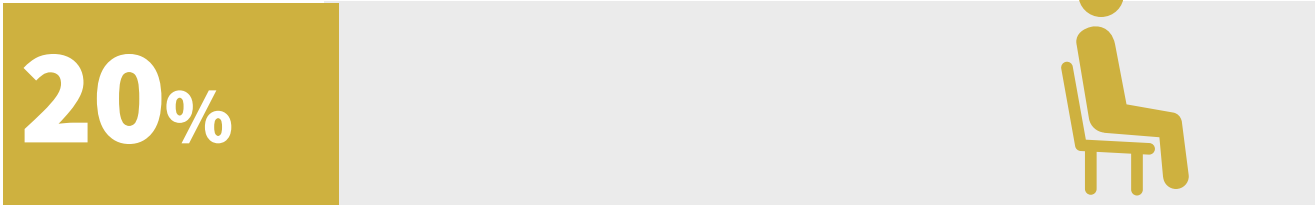
Sport and Physical Activity Participation in Ireland

According to the Irish Sports Monitor Report (2025) and the CSPPA Study (2022), participation in sport, physical activity and recreation delivers a variation of benefits. These include improved physical and mental wellbeing, stronger and more connected communities, more sustainable

environmental impacts and significant contributions to the economy. The evidence clearly shows that investing in and promoting active lifestyles supports healthier individuals, enhances quality of life and plays an important role in Ireland’s economic and social development.



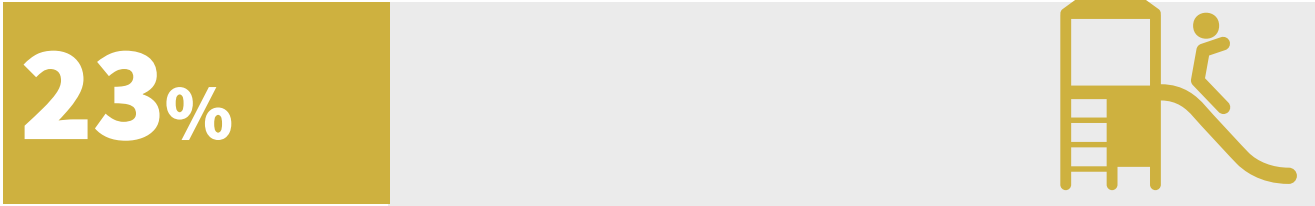
of Irish adults classified as ‘Highly Active’ (considered to be meeting the National Physical Activity Guidelines)



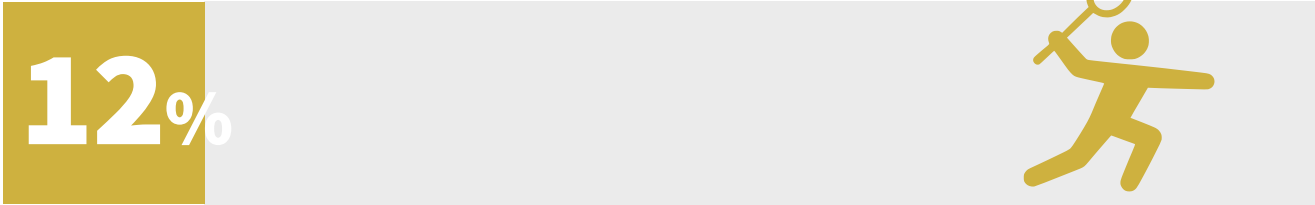
of Irish adults classified as ‘Inactive’ (did not participate in any activity during the past 7 days)



of Irish adults are regularly playing sport - a key aim of the National Sports Policy in Ireland is that 50% of adults regularly play sport by 2027

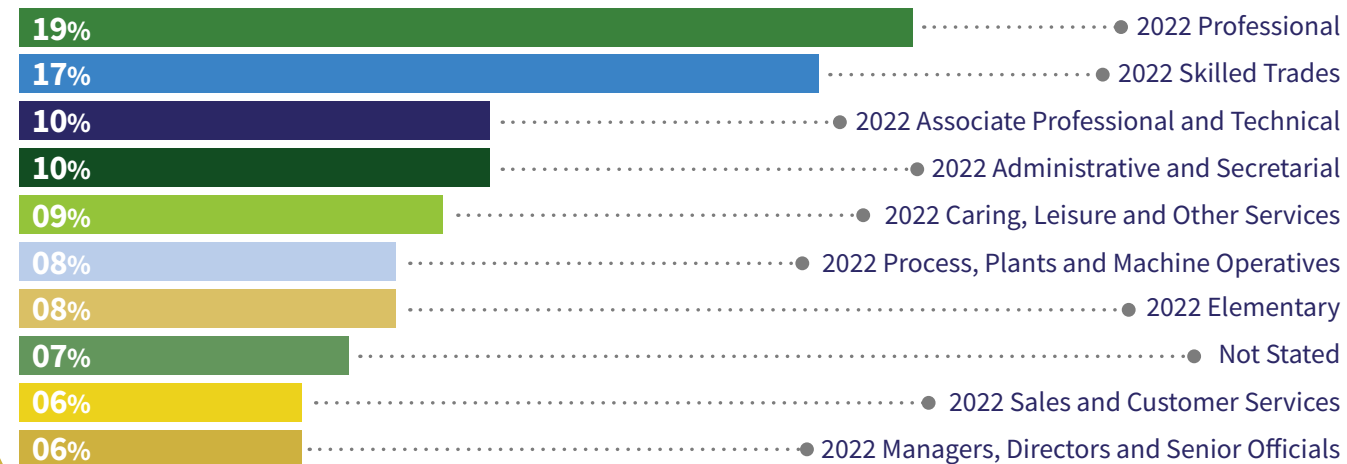


of primary aged children met the National Physical Activity Guidelines of at least 60 minutes of moderate-to-vigorous physical activity every day (2022)

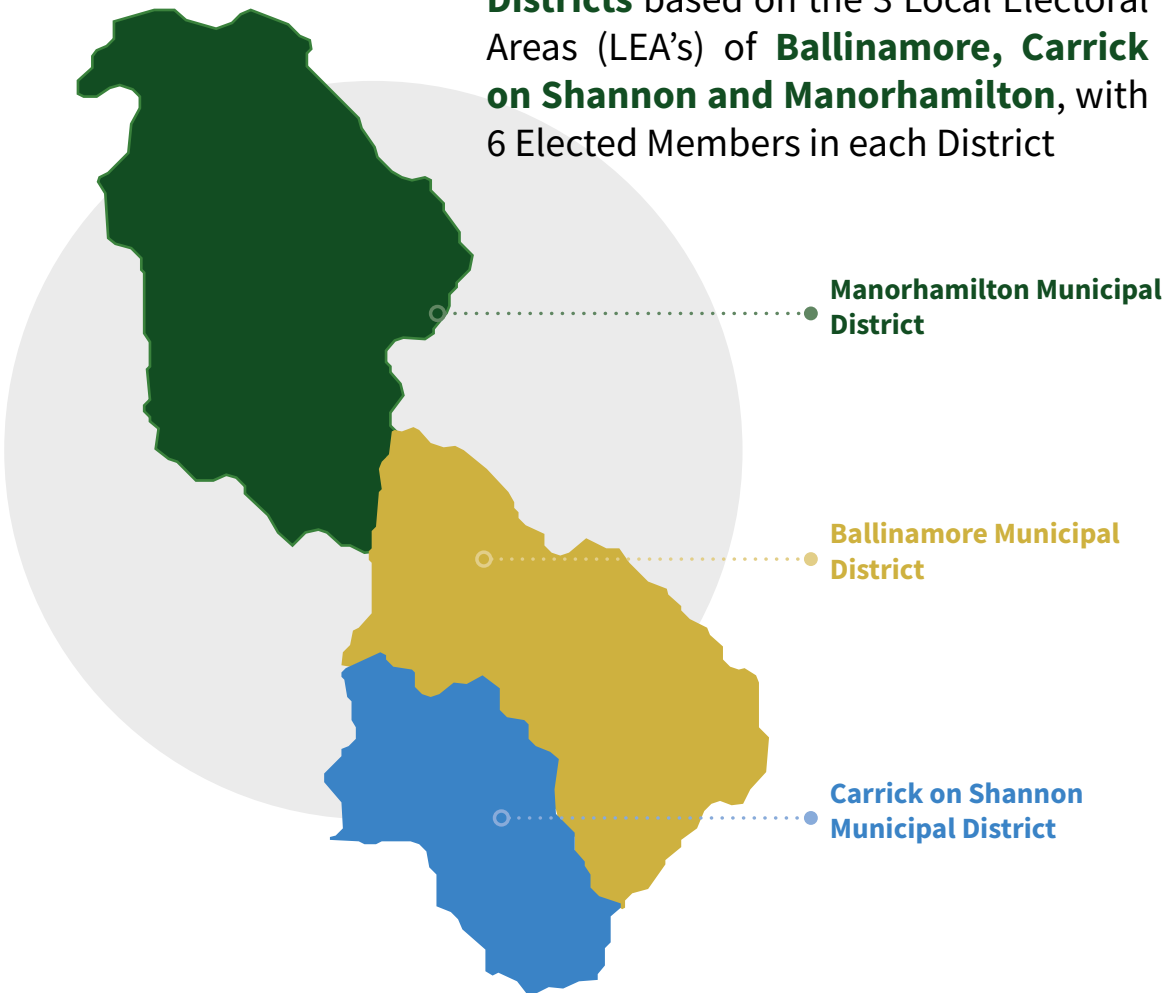


of post primary aged children met the National Physical Activity Guidelines of at least 60 minutes of moderate-to-vigorous physical activity every day (2022)

06. Leitrim at a Glance



The county is divided into **3 Municipal Districts** based on the 3 Local Electoral Areas (LEA's) of **Ballinamore, Carrick on Shannon and Manorhamilton**, with 6 Elected Members in each District

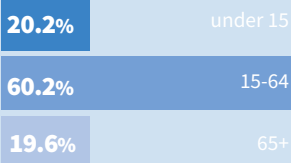


Carrick on Shannon



12,634

Total Population by
Local Electoral Area
(Census 2022)



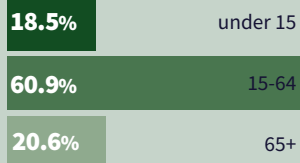
Average. Age **41.38**

Manorhamilton



12,224

Total Population by
Local Electoral Area
(Census 2022)



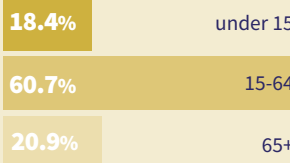
Average. Age **42.53**

Ballinamore



10,341

Total Population by
Local Electoral Area
(Census 2022)



Average. Age **42.65**



Our Facilities and Spaces

The Leitrim Local Sports and Physical Activity Plan considers the wide range of facilities and spaces that support sport, recreation and active lifestyles across the county. These include indoor and outdoor amenities such as sports halls, pitches, community centres, trails, blueways and recreational spaces, delivered through partnerships.

Key Sport Physical Activity Infrastructure

Sports hubs play an important role in strengthening communities by bringing together clubs and organisations to increase participation in sport and physical activity. Through collaboration, shared resources and inclusive programming, these hubs create opportunities for people of all ages and abilities to engage in sport, develop skills and enjoy the social, physical and wellbeing benefits of an active lifestyle.

Our Active Hubs Network

Lough Rinn Sports and Recreation Hub and Rowing Facility

A key lakeside amenity supporting rowing, kayaking, canoeing, paddleboarding, fitness and training. It includes a 2,000-metre, eight-lane rowing course suitable for training and competition, serving both local clubs and visiting crews while promoting physical activity and community wellbeing.

Drumshanbo Community Sports Hub

A collaborative initiative, based in the Mayflower Community centre, this hub brings together local sports clubs, community organisations and strengthens community connections for the local area.

Leitrim Inclusion Sports Hub

An inclusive sports hub that promotes equitable access to sport and physical activity, enabling individuals of all abilities to build confidence, develop social connections and participate fully in community life, contributing to a stronger and healthier Leitrim.



Bee Park Sports Hub

This hub serves as a focal point for sport, recreation and community engagement, bringing together clubs, organisations and residents in a shared and inclusive environment.

Aura Leitrim Leisure Centre

This multi-sport facility, including a pool, gym, astro pitches, and fitness amenities, plays a key role in promoting health and wellbeing through exercise, sport, and active lifestyles.

Drumshanbo Outdoor Pool

This heated outdoor pool, one of the few in Ireland, is beautifully located at Acres Lake and acts as a key hub for the local community and surrounding groups.

Shannonside Recreation Centre

Currently under construction in Carrick-on-Shannon, this facility will be a community-led, multi-sport hub serving the wider region. The state-of-the-art, inclusive development will feature both indoor and outdoor amenities, including a full-size astro pitch, grass pitch, an athletics track, a high-performance gym, and a multi-sport indoor arena, catering to all ages and abilities.

Sports hubs play an important role in strengthening communities...



Infrastructure Review

This infrastructure review provides an overview of the facilities, assets and organisations that support sport and physical activity across County Leitrim.

It establishes a clear picture of current provision, identifies areas for improvement and helps inform future investment and development priorities.

- Identifies gaps in provision and opportunities for future development.
- Maps indoor and outdoor facilities, including playing pitches, leisure centres, trails and recreational spaces.
- Establishes a baseline of current provision to support evidence-based planning and decision-making.
- Examines the distribution of facilities and opportunities across the county.
- Reviews the network of sports clubs, community groups and organisations that deliver grassroots sport and physical activity.
- Identifies key strengths, participation trends, partnership opportunities and areas requiring further support.
- Supports the strategic prioritisation of investment and future funding opportunities.

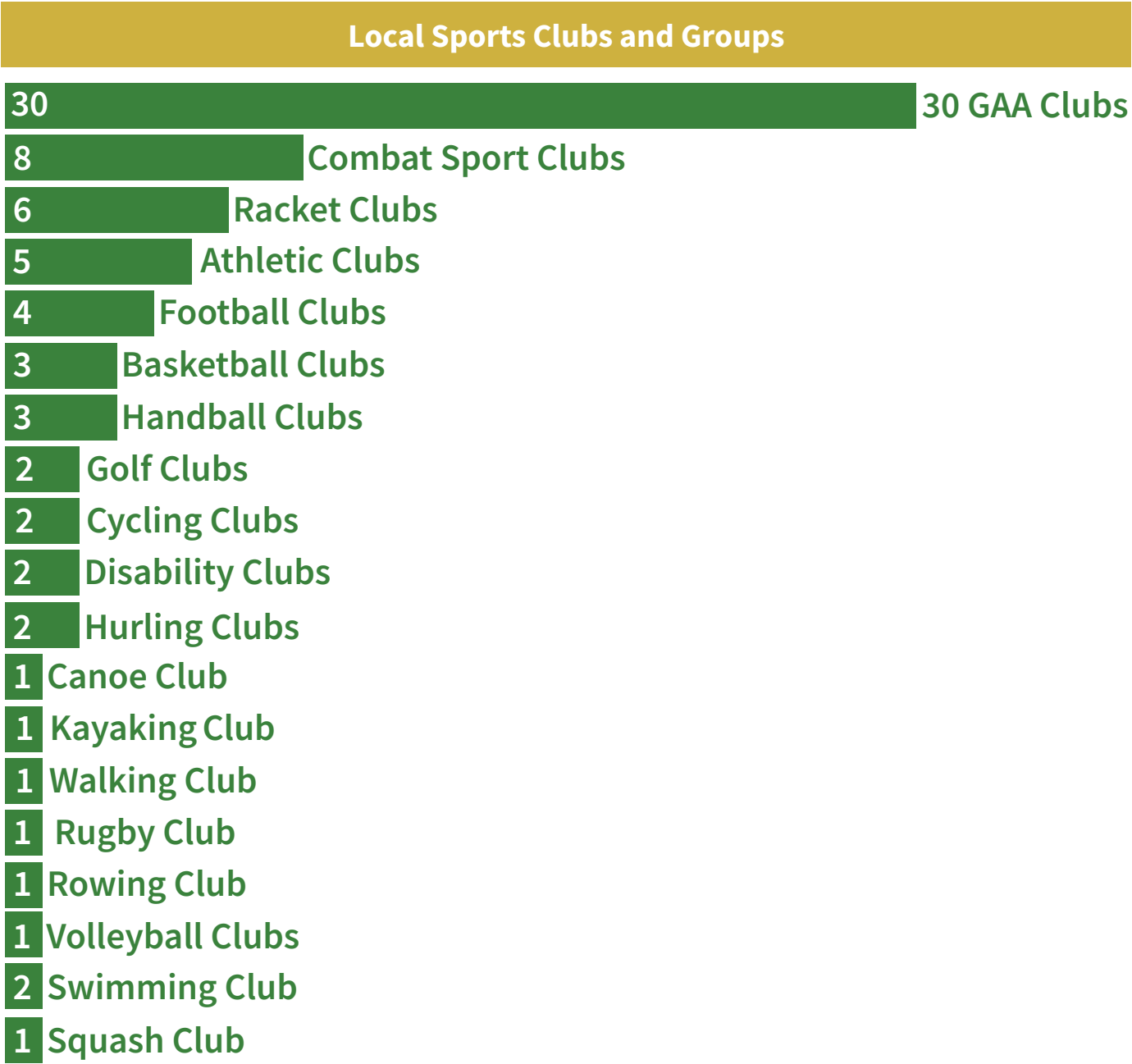
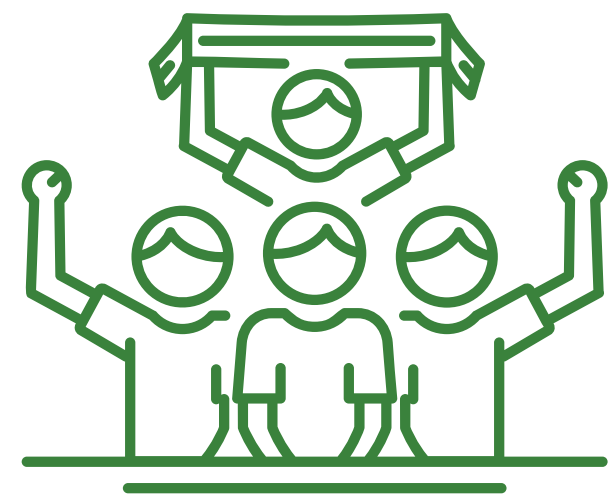


	Astro Turf Pitches		Racquet Courts
	Combat Sport Facilities		Rugby Pitches
	Football Pitches		Swimming/Open Water Facilities
	Gaelic Pitches		Surrounding Swimming Facilities
	Golf Facilities		Teen Spaces
	Multi Sport Centres		Walking Trails
	Playgrounds		

Our Clubs

The mapping exercise highlights 85 sports clubs and groups delivering a diverse range of sports throughout Leitrim.

This excludes the numerous informal and community-led activities taking place across the county. As shown in the graphic below, Leitrim benefits from a significant level of existing sports provision.



07. Leitrim Sports Partnership

The key role of Leitrim Sports Partnership is to increase participation in sport, physical activity, and recreation for everyone in Leitrim.

Our Aim is to lead, coordinate, and support the development and delivery of sports and recreational activity throughout Leitrim. Through collaboration with local clubs, schools, community groups, statutory agencies, and national bodies, we:

- Deliver programmes that promote active lifestyles for all ages and abilities.
- Support inclusive and accessible sport opportunities across the county.
- Build local capacity through training, leadership, and volunteer development.
- Strengthen partnerships that create sustainable, positive change.

Together, we are building a vibrant sporting culture that celebrates participation, teamwork, and the wellbeing of every person in Leitrim.

Our Values:

Our work is guided by values that reflect who we are and what we stand for:

- **Inclusion** – We believe everyone, regardless of ability, age, gender, or background, should have the opportunity to be active and involved.
- **Partnership** – We recognise that collaboration creates the strongest results — working hand in hand with communities, clubs, schools, and agencies.
- **Integrity** – We are open, accountable, and committed to delivering in the best interests of our communities.
- **Innovation** – We embrace creativity and new ideas to engage more people in sport and physical activity.
- **Wellbeing** – We recognise the physical, mental, and social benefits of being active and strive to make these accessible to all.
- **Community** – We value connection, belonging, and local pride as the foundation of an active Leitrim.

Leitrim Sports Partnership is supported by two primary funding streams from Sport Ireland:

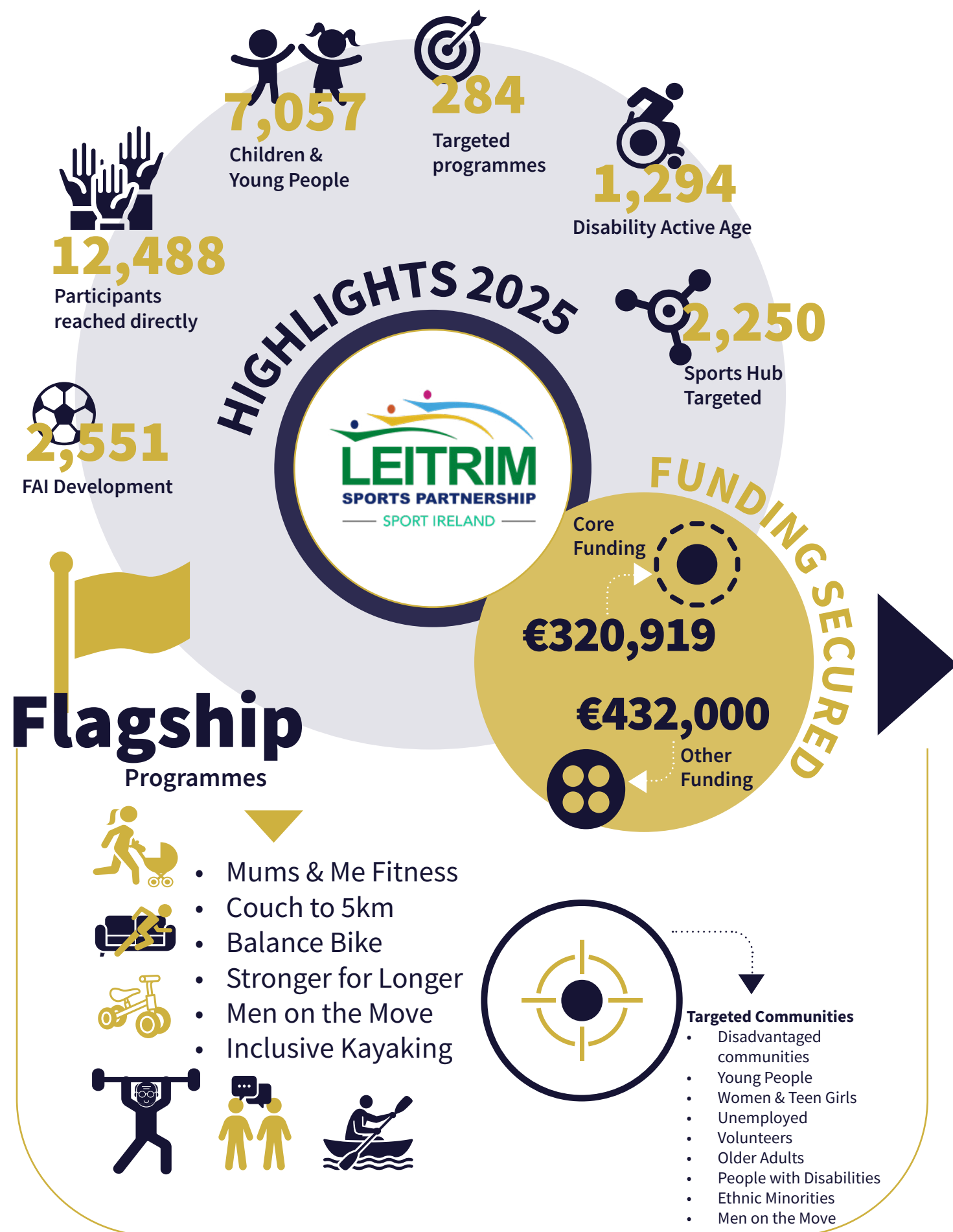
1. **Core Funding:** used for operational needs, including staffing and administrative functions.
2. **Programme Funding:** directed towards developing innovative local initiatives and delivering high-priority, targeted programmes.



The Leitrim Sport and Physical Activity Plan marks an important shift for Leitrim Sports Partnership.

With a whole-of-council approach, responsibility for sport and physical activity will be shared more broadly, while Leitrim Sports Partnership remains a key delivery partner, building on its experience, achievements, resources and local expertise.

LSP's strategic plan will be embedded within, and aligned to, the wider local authority plan



Targeted Communities

- Focus on women, older adults and youth
- Support for marginalised and disadvantaged groups
- Engagement with Traveller and inclusion communities
- Programmes targeting youth at risk of inactivity
- Strong delivery across rural towns and villages
- Schools and community settings central to participation



Inclusion

- Growth in disability and inclusion programmes
- Inclusive activities across all ages and abilities
- Dedicated inclusion hub supporting participation
- Safe, welcoming environments increase engagement
- Strong female participation in inclusive programmes
- Focus on accessibility in facilities and programmes



Volunteers

- Volunteer training in safeguarding and first aid
- Grants supporting volunteer and club development
- Volunteers key to programme delivery and growth
- Investment in coaching and skill development
- Recognition through volunteer awards and events
- Strong partnership with clubs and community groups

09. Case Studies

The following case studies highlight examples of how sport and physical activity programmes, initiatives and partnerships are creating positive outcomes for individuals and communities across County Leitrim.

Led by the LSP, these examples showcase the benefits of investment, partnership and local facilities in support of participation and creating healthier, more active communities.

Stronger For Longer

The Stronger for Longer programme plays an important role in supporting healthy ageing and enhancing the wellbeing of older adults across County Leitrim. Through accessible, community-based physical activity opportunities, the programme helps participants improve strength, mobility, balance, and confidence while also encouraging social interaction and reducing isolation.

Its continued growth and strong community engagement highlight the increasing importance of initiatives that enable older adults to remain active, independent, and connected within their local communities.



Mums & Me Fitness Programme

The success of the 'Mums & Me Fitness Fun' programme demonstrates the important role that inclusive and supportive physical activity initiatives can play in improving health, wellbeing, and social connection within local communities. By providing a welcoming and accessible environment for new mothers, the programme not only supports postnatal

recovery and physical fitness, but also helps reduce isolation and build peer support networks during an important stage of life.



Summer Camp for All

The Summer Camp for All programme reflects the LSP's commitment to creating inclusive, accessible, and enjoyable physical activity opportunities for people of all abilities across the county. By providing a supportive and welcoming environment for children, young people, and adults with additional needs, the camp helps promote participation, confidence, social connection, and wellbeing through sport and recreation. The programme highlights the importance of inclusive community-based initiatives that remove barriers to participation and ensure that everyone has the opportunity to engage, stay active, and enjoy positive shared experiences within their local community.



10. Developing the Plan

The goals and objectives outlined in this Leitrim Local Sports and Physical Activity Plan have been informed by a comprehensive and inclusive consultation process.



Our Approach

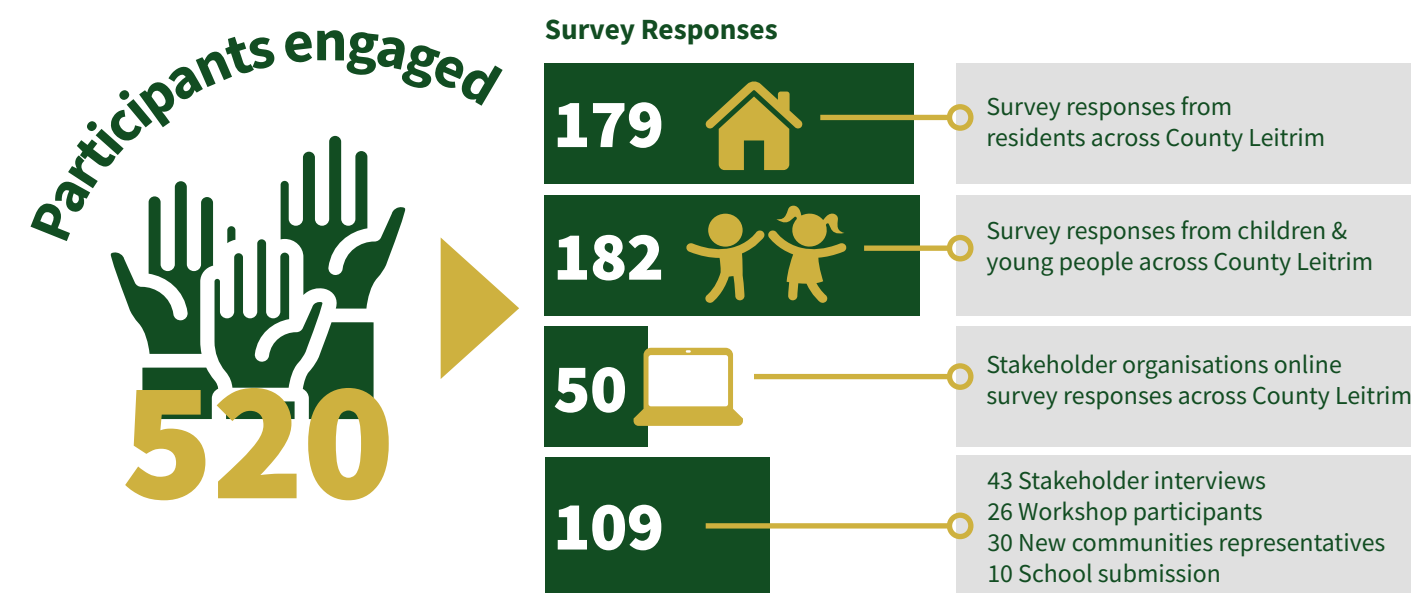
This process was undertaken in collaboration with key stakeholders, including local communities, sports clubs, schools, community organisations, NGO's, state agencies, the Public Participation Network, Elected Members, reflecting a whole-system approach to increasing participation in sport and physical activity. A focused six-week consultation period was completed to ensure meaningful engagement with residents and stakeholders across the county. This inclusive approach ensured that the Plan is grounded in local needs, priorities, and lived experiences, while aligning with national policy and Sport Ireland guidance.

- Public and stakeholder surveys
- Targeted focus groups with key population groups
- Stakeholder workshops and engagement sessions
- Direct consultation with clubs, organisations and service providers.

This approach ensured both quantitative and qualitative insights were collected, enabling a deeper understanding of participation levels, motivations, and barriers to sport and physical activity. Key insights from the consultation highlighted participation trends, access to facilities, and challenges faced by underrepresented groups. These findings provided a robust, inclusive evidence base, directly informing the strategic priorities and actions set out in the Plan.

Consultation Findings

A mixed-methods approach was adopted to capture a broad and representative evidence base.



A dedicated session with new communities, where supports were provided to address language barriers.

11. Key Insights

These will inform the development of the Local Sports and Physical Activity Plan and will help shape future actions and investment.

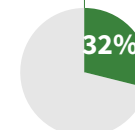


Participation in Sport and Physical Activity

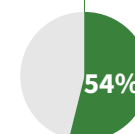
These insights summarise the findings from the consultation process highlighting the priorities, opportunities and challenges.

Residents

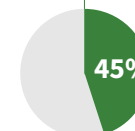
Meeting National Guidelines (5+ Days)



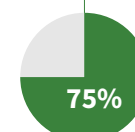
More than half of residents were active 3 days per week:



Are part of a physical activity club or group

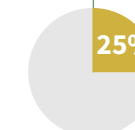


State they would like to do more sport and physical activity:

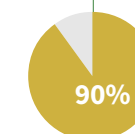


Children & Young People

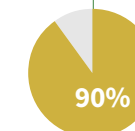
Physically Active 4 days per week: (4.4% for 7 days)



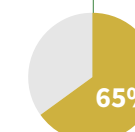
Enjoy participating in sport and/or physical activity club or group



Are part of a physical activity club or group:



Knowing somewhere familiar or a welcoming environment grows confidence to participate in activities:



Opportunities to be Active in Leitrim

60%



Residents average rating of opportunities to participate in sport/physical activity and recreation in Co Leitrim

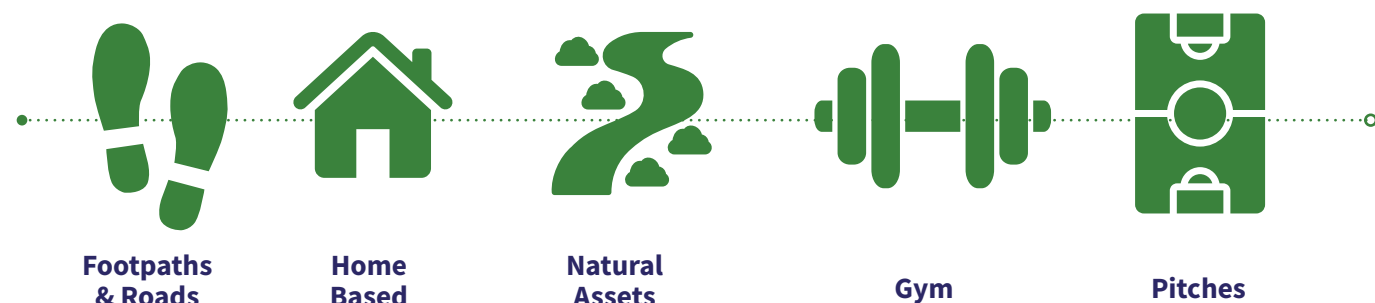
84%



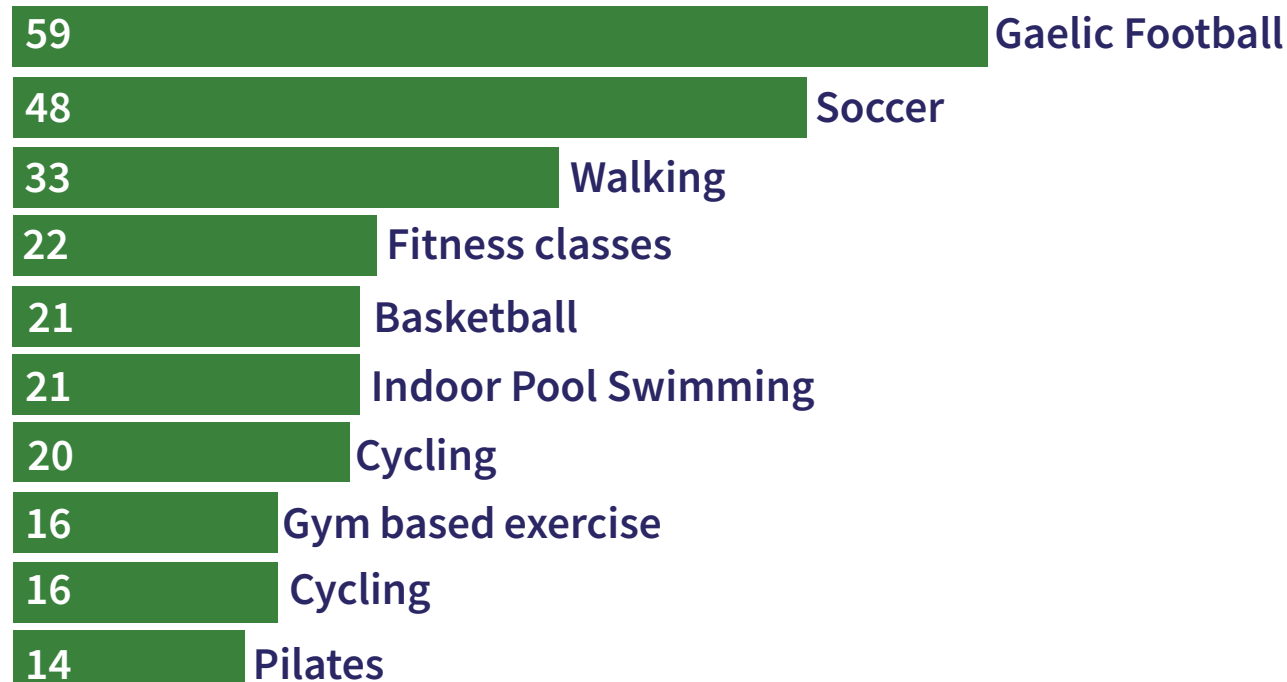
Children and young people rated how important sport/ physical activity is to them

Popular Places for Sport and Physical Activities

The top five places where sports and physical activity take place in County Leitrim:

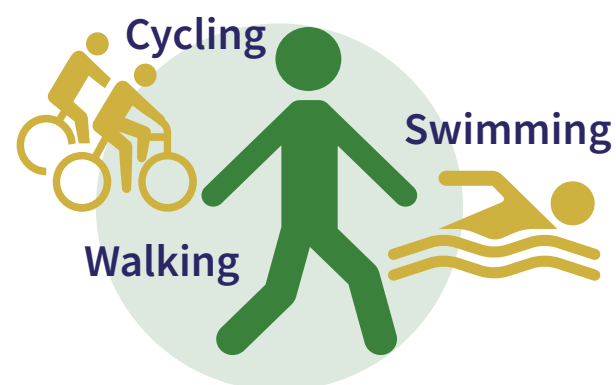


Most Popular Sports and Physical Activities



Popular Lifestyle Sports

The popular trend for increases in walking, swimming and cycling mirrors the national trend for more informal independent physical activities.



Popular Growing Sports

Children and Young People



Opportunities to be Active in County Leitrim

Residents & Children and Young People

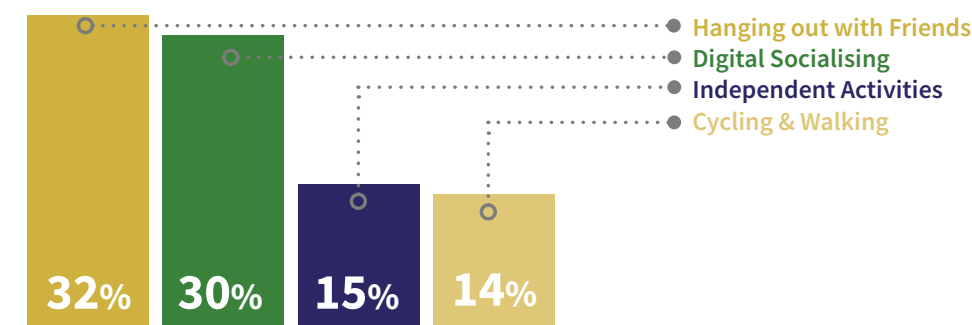
- Fitness & Wellness Classes
- Emerging Sports
- Outdoor & Nature Based Activities
- Self Led Activities
- Sharing of Facilities

Motivation for Sport and Physical Activity

Top reasons for residents' participation in sport and physical activities



Top reasons for children and young people participation in sport and physical activities



Barriers to Sport and Physical Activity



Improve Healthy Participation in Sport & Physical Activity



Residents

- Enhance facilities to accommodate a wider range of sports
- Improve awareness of physical activity opportunities
- Strengthen access to facilities closer to home
- Extend opening hours for facilities and programmes



Stakeholders

- Provide a larger range of facility types
- Improve the standard of existing facilities
- Support participation across all ability levels
- Adopt a coordinated approach to facility use



Children & Young People

- Promote safe and welcoming environments
- Increase provision of spaces and all-weather facilities
- Support affordable access for membership and travel
- Provide inclusive engagement opportunities



12. Opportunities

Future of Sport and Physical Activity.



Facilities

- Develop centralised hubs and shared spaces (schools, community centres and halls) to improve access and provide all-weather options
- Enhance accessibility by ensuring facilities support all levels of participation, from recreational through to competitive
- Maximise use of underutilised indoor spaces
- Unlock and optimise existing local facilities across the county

Infrastructure

- Enhance indoor facilities to support diverse programmes and year-round participation
- Improve access, availability and accessibility of school and community halls
- Encourage community use of existing all-weather facilities

Access & Connectivity

- Bring activities closer to communities to reduce rural isolation
- Improve transport options, including shared transport and active travel initiatives
- Provide daytime activities to support attendance from day services

Reducing Financial & Geographic Barriers

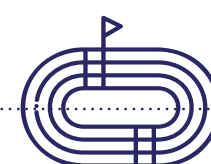
- Integrate essential skills (e.g. swimming) into schools to ensure equal access
- Expand low-cost accessible initiatives and promote grants/bursaries for clubs and equipment
- Improve affordable transport options

Inclusivity

- Strengthen pathways for SEN participants
- Promote inclusive emerging sports (e.g. volleyball, cricket) to reduce barriers
- Broaden the range of sports to increase choice and participation
- Support continuity of tutors to build confidence and long-term engagement

Communication and Visibility

- Improve communication through multiple channels and community ambassadors
- Develop a central online hub for opportunities, funding and resources
- Create a coordinated local calendar to improve visibility and highlight opportunities
- Integrate active spaces into new developments to encourage daily physical activity
- Introduce participation and volunteer recognition initiatives
- Raise awareness of the role of the Local Sports Partnership and its benefits
- Develop clear volunteer pathways to increase involvement



13. Our Vision & Mission

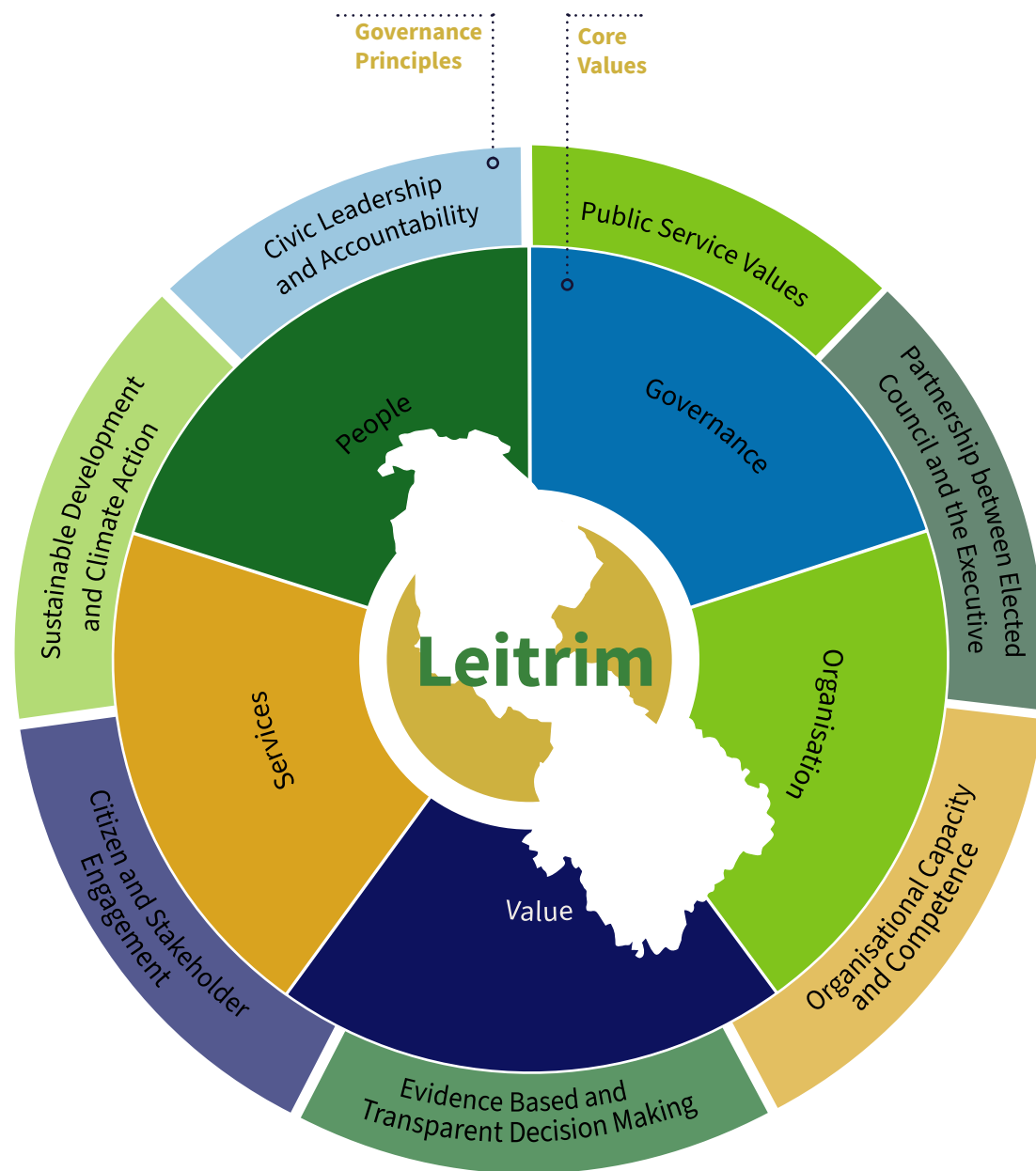


Our Core Values and Governance Principles

Leitrim County Council is committed to fulfilling its Public Sector Equality and Human Rights Duty by eliminating discrimination, promoting equality of opportunity, and safeguarding the rights of both customers and staff.

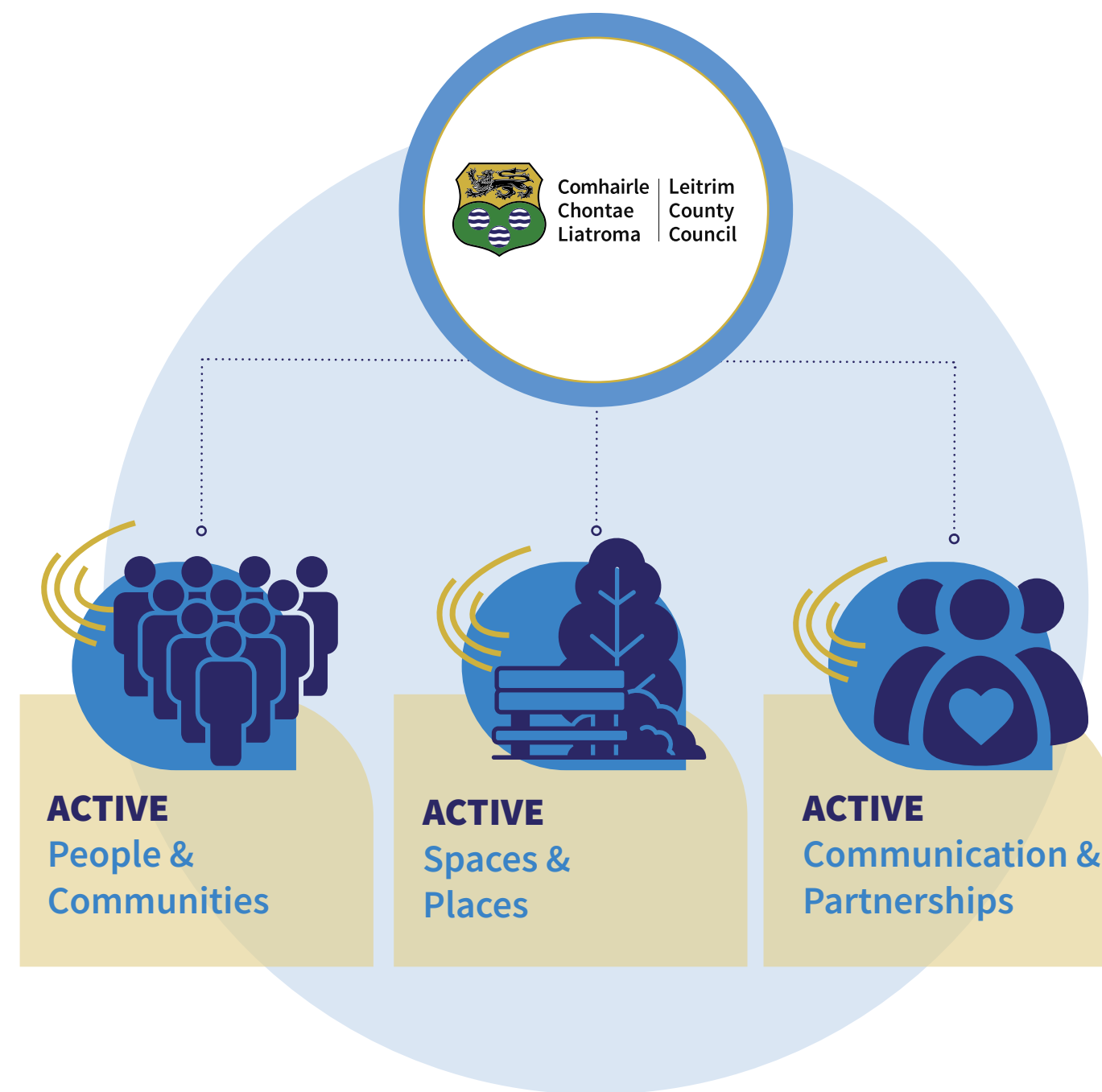
The Council operates within a clear framework of core values and governance principles that guide decision-making and ensure accountability and transparency.

These principles support sustainable development, encourage inclusion, and ensure that the needs of the people of County Leitrim remain a central priority.



14. Strategic Themes & Priorities

The Plan is underpinned by three strategic themes.



Strategic Theme 1. Active People & Communities

This theme is linked with the Corporate Plan’s strategic goal to ‘Sustain Our Communities’ and it’s objective to develop Leitrim as an inclusive, healthy and equitable county.



Strategic Priority 2: Empower and build capacity of people, clubs and organisations

No.	Objective	Lead	Supporting Partners	KPI
10	Establish club directory	LSP	NGB's, LCC, LSP, Clubs	Club directory established
11	Deliver an annual training programme for volunteers, Schools and clubs, aligned with Sport Ireland policy.	LSP	Volunteer Centre, NGB's, Clubs, Schools	Training participation
12	Develop clear and structured volunteer pathways to increase involvement, progression, and retention in sport and physical activity.	LSP	Clubs, Community Groups, NGB's	Pathways established Volunteer initiatives delivered
13	Enhance recognition framework for volunteers and inclusion champions	LSP	Volunteer Centre, Sport Ireland, LCC, Community Organisations	Number of awards/ recognitions;
14	Support club development through grants and guidance	LSP	Sport Ireland, NGBs, Clubs and Groups, LCC	Number of grants awarded
15	Support NGB participation plans focused on retention, growth and inclusion	LSP	LSP, Clubs, Sport Ireland	Club retention rates; New participant numbers

Strategic Priority 3: Build active communities and improve health and wellbeing

No.	Objective	Lead	Supporting Partners	KPI
16	Strengthen partnerships linking sport with health and wellbeing initiatives	LSP	HSE, Healthy Ireland, Age Friendly, LCC.	Number of partnerships Number of participants
17	Support the development, promotion and growth of emerging sports.	LSP	Sport Ireland, NGBs, Groups, Schools, Active Age Groups	Number of initiatives Number of participants
18	Support non-competitive and social physical activity opportunities	LSP	Groups, Clubs, Active Age Groups, Family Resource Centres, LDC, Schools	Number of programmes Number of Participants
19	Grow participation in walking, cycling, running, and swimming	LSP	Sport Ireland, Get Ireland Walking, Cycling Ireland, Swim Ireland, Athletics Ireland, Groups, Clubs	Number of programmes Number of Participants
20	Provide equal access to physical activity, embed key skills (e.g. swimming) in schools, and expand low-cost initiatives.	LSP	Schools, Clubs, Groups, LCC, LDC, Aura Leisure.	Number of school programmes Number of Low-cost Initiatives.
21	Deliver programmes and activities within local communities to reduce rural isolation and improve access to sport and physical activity.	LSP	Age Friendly, Clubs, Groups, LCC, LDC, Healthy Ireland, Men's Sheds, Hen's Sheds.	Number of programmes Number of participants
22	Continue to strengthen the delivery and long-term sustainability of the community sport and physical activity hub model.	LSP	Sports Hubs, LCC, Sport Ireland.	Number of hubs Number of participants Number of programmes
23	Develop sport and physical activity-based social prescribing programmes e.g. Stronger for Longer, Falls prevention in partnership with primary care services.	LSP	HSE, Groups, Active Age, LCC, Healthy Ireland.	Number of Programmes Number of Participants

Strategic Theme 2. Active Spaces & Places

This theme is linked to the Corporate Plan’s strategic goal to ‘Enrich Our Places and Environment’ by developing high-quality, sustainable surroundings.



Why this theme is important?

The development and enhancement of facilities across Leitrim emerged as a key priority in consultation, alongside the need to maximise the use of existing assets.

There is significant opportunity to utilise the county’s natural environment by promoting trails, parks, and blueways as accessible spaces for physical activity, supporting self-led exercise and community involvement in their upkeep.

Feedback highlighted the need for better use of existing facilities, with limited access, high costs, and waiting lists pointing to the potential of underused spaces such as schools and community centres.

Improving facility quality and access, alongside stronger planning and partnership, will help maximise existing spaces and support local participation.

Alignment with Sustainable Development Goals

3

GOOD HEALTH AND WELL-BEING



5

GENDER EQUALITY



8

DECENT WORK AND ECONOMIC GROWTH



9

INDUSTRY, INNOVATION AND INFRASTRUCTURE



10

REDUCED INEQUALITIES



11

SUSTAINABLE CITIES AND COMMUNITIES



13

CLIMATE ACTION



17

PARTNERSHIPS FOR THE GOALS



Strategic Priority 4: Optimise our natural environment to increase participation in outdoor activity

No.	Objective	Lead	Supporting Partners	KPI
24	Support and develop outdoor recreation programmes specifically engaging with target groups	LSP	LCC, LDC, Sport Ireland Outdoors, Groups, Leitrim Recreation Forum, Schools, ETBs, HSE, Disability Services, NGBs	Number of programmes Number of participants
25	Enhance access to walking, bike trails and National Walks Scheme routes	LSP	LCC, LSP, Sport Ireland Outdoors, Landowners, Tourism Office, Groups.	Trail resources developed Website/leaflet outputs
26	Promote and activate walking trails to increase participation, especially among inactive groups	LSP	Get Ireland Walking, NGB's, LDC, LCC, Groups, Active Age Groups, Sport Ireland.	Number of programmes Number of participants
27	Enhance outdoor waterways to increase participation in water-based activities	LSP	NGB's, Sport Ireland, Waterways Ireland, LCC, Groups.	Number of programmes Number of participants



Strategic Priority 5: Increase access to quality facilities & spaces

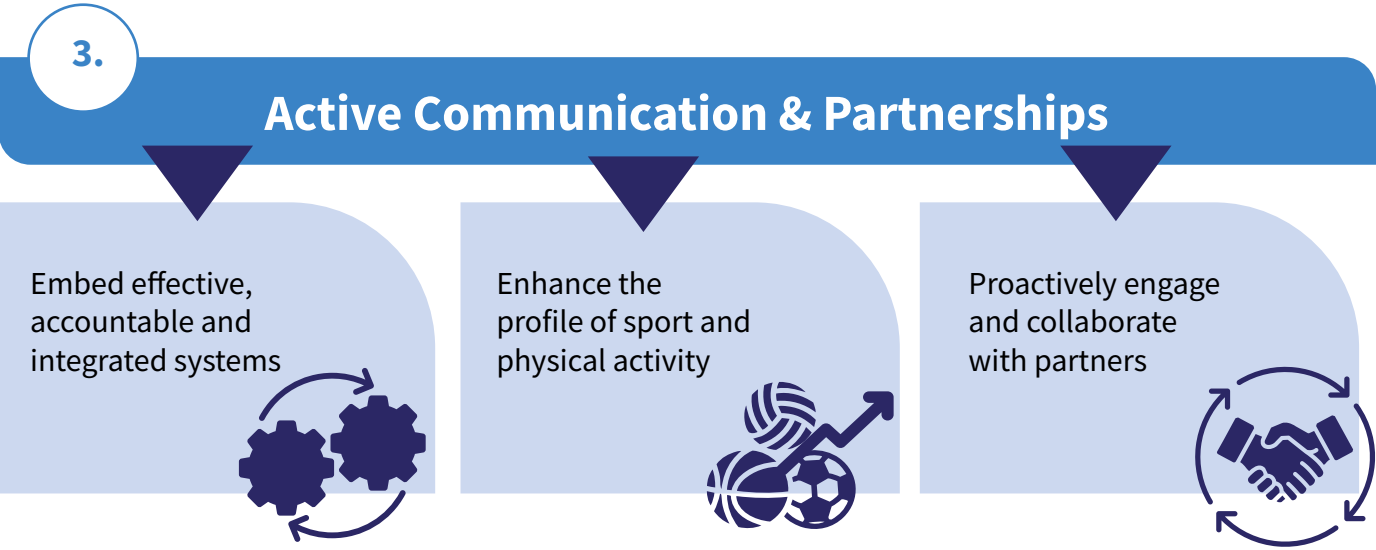
No.	Objective	Lead	Supporting Partners	KPI
28	Conduct feasibility study of underutilised community assets.	LSP	LSP, PPN, Groups, Clubs	Completion of audit Number of facilities identified
29	Promote shared use of facilities with clubs and organisations	LSP	GAA, NGBs, Clubs, LCC, Groups	Number of shared use agreements.
30	Promote and manage council assets to maximise community access and use.	LSP	LSP, Groups	Increased community usage.
31	Integrate accessible active spaces into the design and planning of all new developments (e.g., housing estates, public areas, and community spaces) to promote routine physical activity.	LSP	LSP, Groups	Number of new developments that include designated active spaces.

Strategic Priority 6: Optimise existing spaces and places

No.	Objective	Lead	Supporting Partners	KPI
32	Address barriers to the use of school facilities outside school hours and explore pilot initiatives.	LSP	Department of Education, Schools, ETB's, LCC	Increased community access.
33	Ensure collaborative working with our Active Travel, Climate Action and Biodiversity sections to activate and promote sustainability.	LSP	LCC, Active Travel Section and Climate Action Section	Actions taken.
34	Support the enhancement of existing facilities to incorporate play, leisure, recreation and accessibility improvements to increase participation at a local level.	LSP	LCC, Groups	Number of new initiatives.

Strategic Theme 3. Active Communication & Partnerships

This theme supports the Corporate Plan’s strategic goal to ‘Enhance Our Organisation’ through strong civic leadership and collaborative working



Why this theme is important?

Consultation highlighted an opportunity to improve promotion of sports facilities, activities, and community initiatives across Leitrim to increase awareness, confidence, and participation.

There is scope to raise the profile of the Local Sports Partnership and better promote facilities, trails, and programmes through clear and accessible communication.

Expanding awareness of a wider range of sports alongside GAA and soccer would help attract participants, volunteers, and support by promoting inclusivity and local success.

Alignment with Sustainable Development Goals



Strategic Priority 7: Enhance the profile and visibility of sport and physical activity

No.	Objective	Lead	Supporting Partners	KPI
35	Enhance communication channels to clubs, groups and schools to update on funding, training, and programmes.	LSP	Clubs, Schools, Groups, NGBs, LCC.	Improved mailing list Engagement across all social media and communication platforms.
36	Produce a quarterly newsletter to raise awareness of LSP initiatives.	LSP	LCC, Sport Ireland.	Number of Newsletter Issued
37	Maintain the LSP website as a central hub for information including a centralised calendar to display all LSP programmes, improving visibility and accessibility for stakeholders.	LSP	LCC, Sport Ireland, Clubs, Groups.	Increase website engagement.
38	Develop video content showcasing the impact of the LSP, and promote across social media channels	LSP	Sport Ireland, Clubs, Groups.	Engagement across all social media and communication platforms.
39	Publish regular press releases and media coverage.	LSP	Media Partners, LCC, Sport Ireland.	Increased media coverage.
40	Deliver regular presentations at key forums (e.g. SPC's, PPN, and Our Council Day) to showcase the work, impact, and value of the LSP.	LSP	LCC, PPN.	Number of Presentations Delivered



Strategic Priority 8: Embed effective, accountable and integrated systems

No.	Objective	Lead	Supporting Partners	KPI
41	Establish a 'whole-of-council' approach to the Local Sports and Physical Activity Plan ensuring ownership and accountability.	LSP	LCC	Number of joint projects implemented.
42	Set annual priorities and develop an operational plan aligned with the Local Sports Plan and Sport Ireland priorities to guide delivery and performance.	LSP	LSP Board	Operational plan completed.
43	Hold quarterly board meetings with the LSP Board to review progress, oversee delivery of the plan, and ensure accountability.	LSP	LCC, LSP Board	Number of board meetings.
44	Produce Annual Report for the LSP Board AGM.	LSP	LCC, LSP Board	Annual report submitted.

Strategic Priority 9: Engage and collaborate with partners

No.	Objective	Lead	Supporting Partners	KPI
45	Collaborate with NGB's and sports organisations to develop multi-sport opportunities.	LSP	NGBs, Clubs, LCC, Groups.	Number of participants.
46	Engage with partners to strengthen collaboration and information sharing.	LSP	Sport Ireland, HSE, Groups, NGB's, LCC, Schools.	Number of participants.
47	Partner with FAI, GAA, and Connacht Rugby to boost inclusive physical activity across all ages, focusing on key target groups.	LSP	LCC, FAI, GAA,	Number of Programmes Number of Participants
48	Support joint funding applications	LSP	Connacht Rugby.	Number of joint applications, Funding secured.
49	Grow existing partnerships with Sport Ireland and the DTCAGSM to support the growth and development of LSP.	LSP	Other Regional LSPs, Sport Ireland, Local Authorities	Level of funding secured.
50	Align delivery between Leitrim County Council and LSP on sport, climate and biodiversity	LSP	Sport Ireland, DTCAGSM	Number of joint initiatives

15. Delivering the Plan



How we Measure Performance

CORPORATE PLAN 2024–2031

See high level priorities for the Council over the five year period.

LOCAL SPORTS AND PHYSICAL ACTIVITY PLAN 2026–2031

See Strategic priorities for the LSP over the five year period. In line with both Sport Ireland and Leitrim County

ANNUAL SERVICE DELIVERY PLAN AND ANNUAL BUDGET

Transfers the objectives of the Corporate Plan into annual deliverables supported by annual budget allocations.

DEPARTMENT TEAM PLANS AND RISK REGISTERS

Operational plans for individual teams reflecting the annual service delivery plan priorities.

LSP OPERATIONAL PLAN

Transfers the strategic priorities of the Sport Plan into annual deliverables, submitted to Sport Ireland at Mid Year and End of Year.

PERSONAL DEVELOPMENT PLAN (PDP)

Individual objectives and targets for staff are linked to team plan priorities.

How we Report on Performance

Progress reporting to provide oversight of the delivery of our strategic objectives will be undertaken through a number of ways over the 2026 -2031 period as follows:

- Monthly management report to Council
- Annual Progress Report to Council
- Mid Year and End of Year Reporting to Sport Ireland (Financial Report and Operational Plan)
- Quarterly LSP Board meeting
- Annual Report of the LSP Board

Appendices

Appendix 1

Policy Review List

Below is a list of policies and strategies that have been reviewed and influenced the development of this plan.

Level	Objective
Local	Leitrim Local Economic Community Development Plan (LECP) 2023-2029 Leitrim County Development Plan 2023-2029 Leitrim County Council Corporate Plan 2024-2029 Leitrim Climate Action Plan 2024-2029 Leitrim Playground Strategy 2021-2026 Leitrim Recreation Strategy 2023-2032 Tourism in Leitrim Review and Framework 2023-2027 Leitrim Sports Partnership – Strategic Plan 2019-2023 Age Friendly Strategy 2022-2026
Regional	The Northern and Western Regional Spatial and Economic Strategy (RSES) 2020-2032
National	Sharing the Vision – A Mental Health Policy for Everyone 2025-2027 Healthy Ireland Framework 2024-2027 National Physical Activity Plan 2024-2040 The Irish Sports Monitor (ISM) 2024 Sport Ireland Statement of Strategy 2023-2027 Sport Ireland Participation Plan 2021-2024 National Sports Policy 2018-2027 Ready, Steady, Play! – A National Play Policy Embracing Ireland’s Outdoors – National Outdoor Recreation Strategy 2023-2027 Project Ireland 2040 – National Planning Framework National Human Rights Strategy for Disabled People 2025-2030 National Development Plan 2021-2030
International	2030 Agenda – UN 17 Sustainable Development Goals European Green Deal 2018-2024 EU Charter of Fundamental Rights Global Action Plan on Physical Activity (GAPPA) 2018-2030

Appendix 2

Acronyms List

Below is a list of acronyms from this plan.

CSPPA – Children’s Sport Participation and Physical Activity Study	LSP – Local Sports Partnership
DTCAGSM - Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media	NGBs – National Governing
ESF+ - European Social Fund	NGO’s – Non-Governmental Organisations
ETB’s – Education Training Board	NTA – National Transport Authority
EWOS – European Week of Sport	PDP – Personal Development Plan
FAI – Football Association of Ireland	PPN – Public Participation Network
GAA – Gaelic Athletic Association	RSA – Road Safety Authority
GAPPA – Global Action Plan on Physical Activity	SDGs – Sustainable Development Goals
GDP – Gross Domestic Product	SEN – Special Educational Needs
HSE – Health Service Executive	SPC’s – Strategic Policy Committee’s
LCC – Leitrim County Council	UN – United Nations
LDC – Leitrim Development Company	WIS – Women in Sport
LECP – Local Economic and Community Plan	



Comhairle Chontae Liatroma
Leitrim County Council

