

Annual Report

2022

VISION
SPORTS
IRELAND



SPORT
IRELAND



Vision Ireland
the new name for **NCBI**

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About Us

Vision Sports Ireland is the National Governing Body (NGB) for Sport and Physical Activity for people who are blind, and vision impaired in Ireland. Vision Sports Ireland promotes a variety of both mainstream and adapted activities.

Vision Sports Ireland was founded in 1988, and in March 2020 merged with Vision Ireland, the new name for NCBI, with the aim of increasing reach and opportunities.

Vision Sports Ireland advocates for equal access to sport and leisure opportunities and the health benefits derived from regular participation in sports and physical activities, from recreational to elite level.

Our Vision

All people who are blind or vision impaired will have access to and enjoy the health benefits derived from regular participation in sport and physical activities of their choice.

Our Mission

To enable blind and vision impaired people both young and old to step on to, and climb should they wish, the sport and physical activity ladder.



Management Address

We are delighted to present to you the 2022 Vision Sports Ireland Annual report. As we continue to emerge from the Covid-19 pandemic and embed ourselves into the structure of NCBI, this report will share our key milestones in 2022.

It was an exciting year where we launched our brand-new WCAG AA accessible website, which is a leader in its class in terms of accessibility. Having achieved compliance to the Governance for Sport in late 2021, it was a year to embed and live the code and this work will continue as we comply with the code objectives. There is strong evidence to support the multiple benefits of physical activity on the health and wellbeing of our population. What is lacking however is data on the physical activity levels of people who are blind, or vision impaired across Ireland. This instigated a collaboration between Vision Sports Ireland and DCU to launch a PhD research study to capture such insights.

The 41st edition of MayFest was held in person for the first time since the Covid-19 pandemic, in a new venue at the UCD Sports grounds. It was at MayFest where our Leaders of Today and Tomorrow were recognised. Our Paralympic heroes from the Tokyo Paralympic Games and our inaugural Youth Leadership participants were celebrated at an evening banquet in Stillorgan.

We would like to thank the Department of Tourism, Culture, Arts, Gaeltacht, Sport and media and Sport Ireland for their continued support through a range of funding schemes and programmes which is essential for the delivery of our work.

Finally, we would like to thank the Vision Sports Ireland team who continue to deliver a large volume of activities, many of which are recorded within this report. Their passion and commitment have resulted in exponential growth for our organisation. We would also like to thank our Board of Directors and many stakeholders and partners, without whom our work would not be possible.



CEO



**National Sports
Development Manager**

Governance

Board Of Directors

Board Meeting Attendance - 2022	Feb 16 th	April 6 th	May 25 th	July 13 th	Sept 7 th	Oct 36 th	Dec 7 th
Mr Paul Ledwidge (Chair)							
Ms Sandra Watts			X				
Mr Jason Smyth	X		X	X			
Ms Ann Cusack				Completed tenure			
Mr Martin Kelly				Completed tenure			
Mr Donnacha McCarthy	X	X	Completed tenure				
Mr Robbie Cousins							
Mr Raymond McSweeney		X			X		
Ms Bernadette Everard		X	X			X	
Mr Barry Ennis							
Mr Patrick Doherty							

X = Apologies provided

Vision Sports Ireland would like to express our sincerest gratitude to our Board of Directors for their hardwork, time, dedication and guidance in ensuring Vision Sports can continue to provide sport and physical activities to people with a vision impairment.

In 2022, Vision Sports re-declared full compliance to the Sport Ireland Governance Code for Sport and Charities Regulatory Authority Governance Code on May 17th.



Collaboration

Vision Sports was delighted to collaborate with our NGB and LSP partners.

In 2022 Vision Sports partnered with 16 NGBs representing a broad range of sporting opportunities nationally across Ireland.



Social Media

Since 2020, Vision Sports Ireland has increased presence across social media channels. Vision Sports currently has 5.2K following (2.8K followers, 2.4K likes) on Facebook, 1.2K followers on Instagram, 2.3K followers on Twitter, and 716 followers on LinkedIn.

Vision Sports utilise NCBI's platform of over 10K followers, and additional partnerships, e.g., the IRFU (Twitter – 840.6K), Special Olympics (15.1K), Paralympics Ireland (21.4K), for joint programmes to raise awareness of Vision Sports Ireland events, clubs and activities.

Analysis of increased reach across the social media channels is evidenced below.

Reach of Vision Sports Ireland Social Media Reach 2019-2022

	Facebook	Instagram	Twitter	LinkedIn
2018	2.4K	-	10.2K	-
2019	0.5K	56	0.3K	-
2020	1.4K	0.3K	4.1K	-
2021	31.7K	1.1K	103K	-
2022	16.5k	776	1.1k	18.4k

(August 2021 – Tokyo 2020 Paralympics)

Follow us on
Vision Sports Ireland



Organisation Growth

Sean Poland

Vision Sports Ireland were delighted to appoint Sean Poland as the new Education, Training and Participation Coordinator in May 2022.

Sean brings extensive knowledge and understanding of vision impairment and accessibility to the role, making sport and physical activity more accessible through practical training adaptations and guidelines.

Sean has a passion for sport, representing Offaly in underage hurling and Ireland in vision impaired football. Under his remit at Vision Sports Ireland, Sean also oversees Athletics, Football, Tandem Cycling and Triathlons



DCU Research

To enable NCBI and Vision Sports Ireland to better support children, adolescents and adults who are blind or vision impaired to lead an active and healthy lifestyle, a research partnership was launched with DCU and the Insight Centre SFI Research Centre for Data Analytics.

In the first of its kind investigation of the physical activity, sports participation, and wellbeing of children and adults who are blind and vision impaired in Ireland, the study aims to investigate:

- **Stage 1** - Fundamental movement skills, physical activity levels, and examine other barriers to participation, including access to school and club activities, PE class, facilities, family influence and sleep.
- **Stage 2** -Physical activity levels, participation and engagement for adults to bridge the gap and promote a healthy lifestyle and engagement in sport and physical activity across the lifecycle.
- **Stage 3** - Develop interventions aimed to target improvement in results found in stages 1 and 2.

Over the coming months, DCU and Vision Sports aim to utilise the information found to direct services, and publish a series of papers on the findings to place Ireland on the stage of research into physical and mental wellbeing for people who are blind or vision impaired.

The graphic features a light green background with a grid of dark green circular perforations. A dark green brushstroke-like shape is centered over the grid, containing the word "Events" in white. Abstract shapes include a large orange arc in the top right, a dark green arc in the bottom left, and a stylized human figure in the bottom right holding a ball.

Events

Mayfest

UCD was the venue for the opening of the 41st edition of MayFest, a multisport activity weekend for people who are blind or vision impaired, family and friends, with over 350 people attended across the weekend.

Visitors were welcomed from 11am, and were straight into activities with a junior football blitz, adult VI Rugby and rock climbing. As the day progressed activities such as athletics, indoor rowing and tandem cycling all elevated the heart rates in what was an action-packed day at UCD.

It was then off to the Talbot Hotel, Stillorgan for the Vision Sports Leaders of Today and Tomorrow event. Here the achievements of our Paralympians and Youth Leaders were recognised in the presence of many old and new friends of Vision Sports Ireland.

Royal St George Yacht Club was the venue for water sports, walking and Nature Mindfulness on the final day on Sunday. For the first time in the history of MayFest, participants had the opportunity to try water sports of sailing and kayaking. With support from Royal St George Yacht Club and Irish Sailing, participants had the opportunity to sail around the beautiful Dun Laoghaire Harbor, and Canoeing Ireland and volunteers from Sandycove Canoeing Club for an hour-long kayaking session around the bay.



Zero Limits

Vision Sports Ireland in partnership with Motorsport Ireland, returned to track to provide an experience of a lifetime for 80 participants who took to the Mondello Race Track on Monday 11th and Tuesday 12th July 2022.

Returning for its second year, with support from Sport Ireland and corporate sponsors Windsor Motors, the event was held across two days doubling participation and sold out in less than two hours.

In the morning participants got behind the wheel of hybrid and electric dual control Opel Astras, offering a unique experience. Participant Sean McDowell commented, "It was brilliant, over two years ago driving was something I took for granted, but after a brain injury unfortunately I thought sport was done with never mind driving again. To get the thrill from being in control and being able to drive again was a big thing today and definitely gave me a whole lot of enjoyment. It's something I look forward to doing again."

Sport Ireland CEO, Dr. Una May officially launched the event on Monday 11th July and commented, "We would like to see that there are no limits and no barriers for anyone to take part in sport and Zero Limits sums that up."

Special guest Irish rallying legend, Rosemary Smith cheered on participants in the afternoon as they took to the rally stage alongside some of Ireland's finest rally drivers with a number of new additions this year.

Ciaran Phelan, Rally Car Driver commented, "It is very important when people in Motorsport get an opportunity like this they give something back making motorsport more inclusive and seem less elitist or a sport out of reach for so many. The sense of fulfilment was unbelievable."



Supported Events

CampAbilities 2022

Vision Sports Ireland was delighted to support NCBI as they hosted Camp Abilities, the residential sports, and physical activities camp for children between the ages of 10-14 years old with vision impairments in April 2022.

At Camp Abilities Ireland, campers are provided with the chance to experience new sports and activities, and learn and grow with their peers in the outdoors.



Active Connections & Fighting Blindness Summer Camp

Fighting Blindness, in partnership with Active Connections CLG, continued the success of its summer activity camp that allowed teens with a vision impairment (aged 12+) to participate in their fortnightly Embers Programme and Summer Camps.

The Embers Programme aimed to remove barriers and obstacles facing participants by meeting clients where they are at in terms of ability and engaging in a 1:1 supported environment.



The RISE Project

The RISE Project was run by NCBI and supported by Vision Sports Ireland, with funding from The RTÉ Toy Show Appeal. The programme aimed to develop resilience, social inclusion and family connections with the focus of planned youth events centering around equality and accessibility to new possibilities and activities.

Throughout 2022, NCBI's RISE Project featured a wide range of family events such as abseiling at Thomond Park, an iconic sporting venue in Munster, as well as ziplining through Farran Park and Tibbradden Woods.

Vision Sports Ireland were delighted to collaborate with NCBI on their version of Ireland's Fittest Family. This amazing event saw families taking on the obstacle course challenge of the hit RTÉ series, and getting a little muddy in the process! A great day was had by all, and we were delighted to have a camera crew on hand to capture the many special moments that were shared.





Programmes & Milestones

Home Exercise Series

In 2022, Vision Sports Ireland continued the success of our Home Exercise Series which started during the pandemic to allow participants all over the country to access audio described exercise programmes from the comfort of their homes.

Kicking off the new year with the 'New Year, New Habits' home exercise programme, Vision Sports additionally hosted a three-part webinar series looking at maximising health and wellness throughout 2022.

The webinars covered three core areas: Health and Fitness, Mindfulness and Nutrition whilst the exercise classes gave participants the opportunity to put learnings into practice and look after their physical and mental health from the comfort of their own homes.

In 2022, the exercise series included Yoga for All, Over 50s Movement, Balance and Stretch, Zoom Fitness and Nature Mindfulness classes. Sessions were audio described and tailored for the needs of participants who are blind or vision impaired. No experience was required, and classes are designed for all abilities, and all classes were offered free of charge.

Youth Forum

Vision Sports Ireland and NCBI launched a new initiative supporting young people to build new skills in advocacy and campaigning.

The Youth Forum will be an annual programme supporting young people who are blind or vision impaired, to identify an area where they want to influence change through a campaign. Working together, the group of eight teenagers, who were all graduates of the Vision Sports Youth Leadership programme. Together they developed the 'Be Active Everywhere' campaign.

The Youth Forum presented to the Board of Vision Sports Ireland, with plans to launch the campaign in 2023.



Youth Leadership

As part of European Week of Sport, Vision Sports Ireland launched the 2022 Youth Leadership Programme at CP Adventure Centre, Wicklow in September, followed by six weekly online and in person courses.

The programme included an exciting panel of guest speakers and aimed to develop their skills and confidence to become effective leaders, empowering the group to become change-makers!



New Website

Vision Sports Ireland announced the launch of our new website in November 2022, featuring a modern design developed with accessibility as a core focus. A place where members can keep up to date with all the latest news, events, and programmes!

Included is a new free and easy 'Become a Member' feature, allowing people who are blind or vision impaired across the country to sign up to Vision Sports Ireland, register areas of interest and experience all the benefits that sport and physical activity Vision Sports has to offer.

National Sports Development Manager Pádraig Healy commented on the launch, "We are really excited to launch our fresh new fully accessible website. We encourage our community to log in and browse the site and provide feedback to us on their experience. We are particularly excited about the new membership registration system that will allow anyone with a vision impairment to register with Vision Sports free of charge and choose the sports and activities of interest.

This will inform where the appetite for certain activities is and allow us work with our NGB partners to establish programmes and meet the identified need in those areas."

The website was created in partnership with NCBI Labs, with funding from Sport Ireland's Covid-Relief fund. Vision Sports' website is WACAG 2.1 AA Certified and complies with all priorities 2 guidelines of the W3C WCAG.





Development

Tennis

Naas Lawn Tennis Club launched a Vision Impaired/Blind Tennis programme on February 2022. Vision Impaired/Blind Tennis was rolled out by Tennis Ireland supported by Vision Sports Ireland and local stakeholders.

This programme was a collaboration with Tennis Ireland, Naas Lawn Tennis Club, Kildare Sports Partnership, NCBI, Naas Access Group and Kildare Community Garda.

A 'Come and Try' Session was held in September in Waterford in partnership with Tennis Ireland and Waterford Local Spots Partnership. The programme was open to participants aged 6-17 years old.

No experience was required, classes were suitable for all abilities.



Walking Groups

Wexford Vision Impaired Walking Programme was launched in April 2022, exploring the various accessible walking trails in Wexford county.

The programme was run in collaboration with NCBI, Wexford County Council, Sports Active Wexford, Wexford Volunteer Centre and Get Ireland Walking, and aimed to create walking opportunities for people who are blind or vision impaired. The walks were led by a fully qualified Get Ireland Walking Leader and volunteers were on hand to support and guide where necessary.



Football

Football for All Showcase

In September, the FAI Football for All Programme hosted an Affiliate Showcase Day at the National Sports Campus, displaying the various disciplines.

Vision Sports Ireland were delighted to have our Junior and Adult Blind/Vision Impaired teams present on the day.

It was a fantastic opportunity for participants to meet players across the country and introduce a competitive element. Many thanks to to the volunteer coaches at Mervue United, Bohemian FC and Portlaoise AFC for their continued support.



Hurling

In December at University of Limerick, Vision Sports in partnership with NCBI as a part of the RISE Project and Limerick GAA hosted the first-ever Blind/VI Hurling session. The event was open to all abilities and participants aged 13-17 years.

The session allowed young people nationwide the opportunity to learn the fundamentals of hurling. Captain Declan Hannon along with members of the Limerick Senior team helped to facilitate the event.



Cycling

Pat Colgan, Pedal the Peaks

Vision Sports Ireland and Cycling Ireland were thrilled to collaborate with Tullamore Cycling and Touring Club for their Pedal the Peaks, Pat Colgan Challenge.

This event took place on 28th of August 2022 from Tullamore Harriers Athletics Grounds, Tullamore, Co Offaly. There were routes available for all fitness and ability levels with 50 km, 85 km, 95 km and 125 km.

Cyclists were officially started by international Para cyclist Josephine Healion, fresh from her Paracycling World Cup success and her World Championship Paracycling Bronze medal won in Canada at her first major championships. To assist Josephine with the official start were her sister Jennifer and their long-time pilots Colin Quinn and Billy Colton.

In total 10 tandem teams from across the country participated in the event, with over 330 cyclists cross the finish line.

Event Director from Tullamore Cycling and Touring Club Sinéad Molloy shared, "We were delighted with how the event went, it was a great success. It was fantastic to have 10 tandem bikes take part and we hope the stokers and pilots enjoyed their day with us – it really was brilliant to have them take part and look forward to having them back, along with even more vision impaired participants in 2023."

The host club were supported by Vision Sports Ireland and Cycling Ireland in promoting the event as fully inclusive. Event coordinator from Vision Sports Ireland Sean Poland, Vision Sports Ireland added, "It was wonderful to collaborate with Tullamore Cycling and Touring Club to encourage stokers and pilots to attend this event. It was a very enjoyable day and all riders returned safely; major credit is due to the host club. Vision Sports Ireland are collaborating with Cycling Ireland to increase Tandem Cycling opportunities for our members, and we hope to have many more inclusive Sportif's in the future."

Swimming

Clontarf Open Water

Vision Sports Ireland in partnership with Swim Ireland hosted a four week Open Water Swimming Programme beginning in August 2022 in Clontarf, Co. Dublin.

The event was held at Clontarf Outdoor Pool, the programme aimed to provide participants with the skills and tools to be safe and comfortable in open water. Sessions were delivered by a Swim Ireland qualified swim coach.



Portlaoise Swimming Group

Following the success of our VI Swimming Hub in Dublin, Vision Sports was delighted to be able to bring swimming to another part of the country with the establishment of a new VI Swimming hub in Portlaoise. After a large volume of responses to our expression of interest call, we held our first VI swimming lesson in October 2022 at Laois Leisure in Portlaoise. The programme was set up for an initial 6-week trial period, with 21 children who are blind or vision impaired signed up to take part.

The lessons were taught by experienced swim teachers, Sam and Irina with the groups split into advanced and beginner levels. At the conclusion of the lessons, following overwhelmingly positive feedback, a decision was made to continue to offer junior swimming lessons at the centre. We look forward to continuing to grow this programme in 2023 and provide more children the chance to learn this important, lifesaving skill.



HER Outdoors

Celebrating HER Outdoors Week 2022, Vision Sports are hosted a female only rock-climbing session at Awesome Walls Cork and Dublin in partnership with Mountaineering Ireland. Participants were invited to join us to scale to new heights and celebrate Women in Sport in Dublin and Cork on August 12th and 13th 2022.

This event was open to girls and women aged 6 +and was a fantastic day out for all who attended.





**Come & Try
Evnts**

Blind/VI Football Portlaoise and Thurles

Vision Sports Ireland in association with the FAI Football for All programme was delighted to run a Vision Impaired/Blind Football Come and Try Day which took place at Portlaoise AFC on Sunday in February 2022, the event was open to all participants aged between 8-18 years of age. 16 Vision Impaired Footballers took to the pitch showcasing their talent and love for the sport. Many thanks to the incredible coaches, volunteers, parents and all involved to make the day a huge success.

Vision Impaired/Blind Football Thurles Adults Come & Try Session

Vision Sports Ireland and FAI Football for All Programme continued the success of the VI/Blind Football Come and Try Days for participants aged 18+ years taking place at The Presentation Secondary School, Thurles on Saturday 6th of August 2022.



Surfing Come and Try Day

Vision Sports Ireland was delighted to partner with Liquid Therapy Ireland for a 'Come and Try' Surf Session, funded by the Coca Cola 'Thank You Fund'. Taking place on Saturday 16th July 2022 and Saturday 23rd July 2022 at Rosstown beach, Ballyshannon Co. Donegal. The programme was open to participants aged 16-25 years.



Triathlon

Vision Sports Ireland held our Triathlon Come and Try Event with our partners at Triathlon Ireland and Westmeath Sports Partnership on Saturday 20th August 2022. The event took place in the Technological University of the Shannon, Athlone Campus, with many positive reports from the first time triathletes.



Waterskiing

Vision Sports Ireland collaborated with Meath Sports Partnership to provide a Waterskiing Experience Day in September at Wake n Ski Ireland, Co. Meath



Rugby

As part of European Week of Sport, Vision Sports Ireland in partnership with the IRFU are delighted to host a 'Come & Try' Vision Impaired Rugby Event at the IRFU High Performance Centre on the National Sports Campus, Blanchardstown. The session was open to both new and existing Vision Impaired Rugby players from Vision Sports' Old Wesley Rugby Club team, with players traveling from around the country to take the opportunity to train on professional facilities.



The image features a light green background with several abstract elements: a thick orange curved line in the top right, a grid of dark green dots in the center, a dark green brushstroke containing the word 'Education' in white, and stylized human figures in shades of green at the bottom.

Education

Vision Sports Awareness Training

Vision Sports Ireland continued to deliver our Vision Sports Awareness Training workshop in 2022. Vision Sports Awareness Training is designed to educate coaches, volunteers and teachers on Vision Impairment and how small adaptations to sport and physical activity sessions can make a huge difference to the experience of the participant with a vision impairment.

Attendees learn about the various types of Vision Impairment, basic techniques of sighted guide training and the importance of description and colour contrast when delivering a session.

Examples are presented of various Blind and Vision Impaired sports and adapted equipment available. Attendees will also be informed of the various programmes available through Vision Sports Ireland. Vision Sports Awareness Training has been received endorsement from Sport Ireland Coaching.



Tandem Pilot Training Course

Vision Sports Ireland and Cycling Ireland were proud to announce the launch of a Tandem Pilot Training course. The course has been developed to give cyclists the skills and confidence to pilot an individual who is blind or vision impaired on a tandem bike. Courses will be rolled out nationally over the coming years with the aim to create a National Register of Tandem Pilot Volunteers, increasing tandem cycling opportunities for people who are blind or vision impaired across Ireland.

Vision Sports Ireland and Cycling Ireland were delighted to host Tandem Pilot Training Courses in Bray, Co Wicklow in partnership with Bray Wheelers Cycling Club and Wicklow Sport Partnership, and Tullamore, in partnership with Tullamore Cycling Club.



Guide Running Workshop

In 2022, Vision Sports also hosted three guide running workshops in UCD, Sligo and at MayFest. The training supports the development of enthusiastic guide runners with techniques and tips to ensure a safe experience for both the runner and guide.

Participants also took part in the Vision Sports Awareness Training theory session to gain knowledge, skills and confidence to pair with the practical skills and insights gained in the in-person session.

In 2022, Vision Sports upskilled 32 guide runners.






Finance

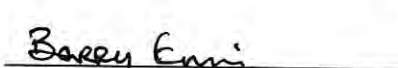
Vision Sports Ireland
STATEMENT OF FINANCIAL ACTIVITIES
(Incorporating an Income and Expenditure Account)

	Notes	Unrestricted Funds 2022 €	Restricted Funds 2022 €	Total 2022 €	Unrestricted Funds 2021 €	Restricted Funds 2021 €	Total 2021 €
Income							
Donations and legacies	5.1	41,976	-	41,976	25,911	-	25,911
Charitable activities							
Grants from government and other co-funders	5.2	87,500	194,641	282,141	93,090	127,199	220,289
Other income	5.3	7,716	-	7,716	-	-	-
Total income		137,192	194,641	331,833	119,001	127,199	246,200
Expenditure							
Charitable activities	6.2	206,596	194,641	401,237	164,107	127,199	291,306
Net expenditure		(69,404)	-	(69,404)	(45,106)	-	(45,106)
Transfers between NCBI group companies		59,899	-	59,899	-	-	-
Net movement in funds for the financial year		(9,505)	-	(9,505)	(45,106)	-	(45,106)
Reconciliation of funds							
Balances brought forward at 1 January 2022	15	142,902	-	142,902	188,008	-	188,008
Balances carried forward at 31 December 2022		133,397	-	133,397	142,902	-	142,902

The Statement of Financial Activities includes all gains and losses recognised in the financial year. All income and expenditure relate to continuing activities. The notes on pages 16 to 25 form part of these financial statements.

Approved by the Board of Directors on 23/2/24 and signed on its behalf by:


Paul Ledwidge
Director


Barry Ennis
Director

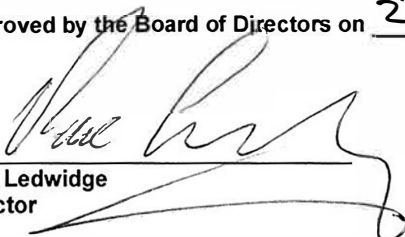
Vision Sports Ireland
BALANCE SHEET

as at 31 December 2022

	Notes	2022 €	2021 €
Current Assets			
Debtors	11	-	12,060
Cash at bank and in hand		558,254	435,538
		<u>558,254</u>	<u>447,598</u>
Creditors: Amounts falling due within one year	12	(29,157)	(15,091)
Deferred Income	13	(395,700)	(289,605)
		<u>133,397</u>	<u>142,902</u>
Net Current Assets			
		<u>133,397</u>	<u>142,902</u>
Total Assets less Current Liabilities		<u>133,397</u>	<u>142,902</u>
Funds of the Charity			
Unrestricted funds		133,397	142,902
		<u>133,397</u>	<u>142,902</u>
Total funds	15	<u>133,397</u>	<u>142,902</u>

The notes on pages 16 to 25 form part of these financial statements

Approved by the Board of Directors on 23/2/24 and signed on its behalf by:


 Paul Ledwidge
 Director


 Barry Ennis
 Director

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