



Expression of Interest for “Wexford Girls Get Active”

Background

According to Sport Ireland’s “Girls Get Active” research (2021), evidence suggests that only 7% of girls 14-15 years and 5% of girls 16-20 years are meeting the recommended physical activity guidelines. (*Moderate to Vigorous Physical activity for at least 60 minutes a day*). This research has established that the term “Sporty” or “sporty person” is strongly linked with disengagement of physical activity/sports within the teenage girl population. In Ireland, Sport Ireland recognise the need for additional support and have established the “Her Moves” campaign, designed to inspire, and support more teenage girls to be active.

Initiative Description

With this fantastic momentum growing, Wexford Children and Young People’s Services Committee (CYPSC) is delighted to continue to support the delivery of the **Wexford Girls Get Active** Initiative. Funded again through Healthy Ireland and being delivered in partnership with Sports Active Wexford and Gorey Youth Needs Group, this initiative will continue to take a more focused approach and will target younger girls aged 12-16 years.

In an effort to curb the dropout rate at this younger age, this initiative will incorporate a physical activity programme of the girls choosing to a maximum length of 8-weeks. Empowering teenage girls and giving them a voice will be of the utmost importance throughout this initiative. The girls should select the preferred choice of activity themselves. This will ensure that they engage with the initiative when it is rolled out and creates the opportunity for sustainability upon its completion.

Youth groups must source a qualified, tax-compliant instructor or coach who holds valid Garda Vetting and Child Protection training. The group is also responsible for securing an appropriate facility or location for the physical activity programme

To ensure long-term impact, youth group’s staff members will also be offered an additional training to support their teenage girls in sustaining lifelong physical activity. This training will consist of a once-off online workshop specifically designed for youth groups staff followed by multiple resources and structured lesson plans for staff to conduct with youth groups. These Move2Be structured lesson plans will complement the physical activity sessions the girls are participating in.

Timeline for Roll Out

This programme will be rolled out in Autumn, aiming to start during the month of September 2026. Flexibility will be given within the month of September depending on both group and instructors’ availability. Successful applicants will also be invited to attend the “Wexford Girls Get Together” one-day event. This event will comprise of fun and inclusive physical activities where participants will have the opportunity to meet their peers in a social environment. “Wexford Girls Get Together” will be conducted towards the end of this Initiative, aiming for November. An evaluation of the overall Initiative will also be conducted through an external

organisation this year. We greatly appreciate all participants taking the time to partake in this evaluation to help us improve and shape future programmes and ensure the long-term success of this initiative.

Eligibility Criteria

This Expression of Interest is open to:

- Organisations/Youth Clubs that are based in County Wexford.
- Organisations/Youth Clubs that operate as “not for profit” and are open to the public.
- Collaboration with other groups in the same locality is strongly recommended for this round.
- Applications must target girls from 12 years to 16 years (Junior Cycle Secondary School)
- A minimum of 12 participants is required.

Requirements from Interested Groups

- Applications are encouraged from groups working as a cluster in similar geographical locations. Two or more groups can submit an Eol together.
- If successful, groups will be responsible for sourcing qualified instructor/coach who is both Garda Vetted, Child protection training and tax compliant.
- If successful, groups will be responsible for sourcing of suitable venue for programme delivery.
- Funding is not available for transport of participants to and from the weekly programme.
- Each group must identify one person who will be the main contact with the Girls Get Active Task Group.
- Groups must commit to supporting the delivery of the Wexford Girls Get Active 2026 evaluation.

Submission Details

Interested organisations must fill in the Expression of Interest form which can be found on Pg.3. Please also submit the attached Costings Form.

Expression of Interest forms must be returned to **Nicola.collins@wexfordcoco.ie** by **Friday 3rd of July** by **5pm**. Late submissions will not be accepted.

Wexford CYPSC “Wexford Girls Get Active” Expression of Interest Form –

Name of organisation	
Contact name	
Organisation address	
Eircode	
Telephone	
E-mail	

Information about your organisation	YES/NO
Is your Organisation/Youth Club based in County Wexford?	
Does your Organisation/Youth Club operate as “not for profit” and is it open to the public?	
Does your Organisation/Youth Club engage with teenage girls (12-16yrs)?	
Does your Organisation/Youth Club engage with a minimum of 12 teenage girls or are you open to accepting additional individuals to join your physical activity programme?.	
Additional Information : Does your Organisations/Youth Club engage with teenage girls from any of the following target groups? Tick as appropriate.	
Children and Young People with Additional Needs	
Domestic, Sexual & Gender Based Violence	
Homelessness	
International Protection Accommodation	
LGBTI	
Travellers and Roma	
Ukraine	
Youth Justice	

Enter the number of teenage girls that will participate in this Initiative.

12-14years _____

15-16years _____

Total _____

Please give a clear description of your Physical Activity programme. Note: Type of PA, potential schedule, project sustainability.

*All potential applicants will be asked to provide a full breakdown of costings (Trainer & Venue costs). **Please note the maximum amount available per group will be €800.** See costing document attachment.*

Please state the name of the company/instructor that you will utilise if you were successful.

Please name what facilities you will utilise for this programme? (please provide Eircode)