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## Calendar of Courses/Events

## Bank Holiday Monday May 1<sup>st</sup> .....on the run in Kells!!!

The 7th Royal County Run/Walk will take place on Bank Holiday Monday 1st May in Kells. This year sees the return of the 5km and 10km routes. The event is organised by Meath Local Sports Partnership with the support of the Club Active Kells; Headfort Arms Hotel; St. Brigid's AC; Kells Gardaí; Kells Swimming Pool, Kells Municipal District, Civil Defence and local volunteers. The Royal County 5k/10k event is licensed by the AAI.

On sign in/registration all participants will receive their chip number, which will allow them to accurately record their time. The Royal County 5km/10km is open to runners, joggers and walkers of all abilities. Children under 16yrs must be accompanied by an adult. The 10km event will start at 10.30am, with the 5km starting at 11am.

Registration is now open online. Early bird registration is €15 for 10km event and €10 for the 5km event. Cost includes t shirt, refreshments and chip timing. Spot prizes will be given out on the day with prizes for winning male and female runners in 3 categories.

Anyone interested in participating in the 2017 Royal County 5km/10km should contact Meath LSP @ 046 9067337 or log onto [www.meathsports.ie](http://www.meathsports.ie) to register.



**ROYAL COUNTY**  
**5km & 10km Run/Walk**  
**OPEN TO ALL ABILITIES**  
**Monday 1st May**  
**KELLS @ 10.30am**  
Register @ [www.meathsports.ie](http://www.meathsports.ie)  
046 9067337  
**CHIP TIMED EVENT**



## DATE FOR YOUR DIARY!

## Sport Ireland Meath Heritage Cycle Tour 29th & 30th July 2017

The Sport Ireland Meath Heritage Cycle Tour (formally An Post) involves 4 different routes: 11km, 50km, 100km & 160km.

Family spin (11km) will take place on 29th July. The 50km, 100km & 160km will take place on the 30th July. Details of routes and opportunities to register are now available on our website: <http://www.meathsports.ie/cycle-tour/how-to-enter/>



View our website  
<http://www.meathsports.ie>

## Community Activity Programmes



### Funding for National Bike Week 2017 Events in Meath!

Meath Local Sports Partnership is currently inviting applications from groups for funding to assist with the organisation of a cycling themed event during Bike Week 2017, which will take place from 10th to 18th June.

Bike Week is a cross-community effort to highlight cycling as a fun, cost effective and healthy way not only to travel but to be physically active. The objective of Bike Week is to celebrate cycling in all its forms and to get more people participating in cycling.

The type of groups which may apply are community groups, voluntary organisations, schools, cycling clubs, active retirement groups, community childcare service providers, work places or any group that wishes to organise a bike related event on a 'not for profit basis' during Bike Week 2017.

#### Examples of possible Bike Week events include (but are not limited to):

- Guided bike tour of a town/village. These can be themed, for example, heritage, gardens, or food trips.
- Cycles from your school to a local amenity on cycle to school/work Wednesday (14th June) for bike based games such as treasure hunts and slow bicycle races;
- A midsummer night/dawn cycle
- Bike maintenance workshops
- Bike art exhibition
- Bike school art competition, quiz or drama
- Family fun cycle

***The list is endless!***



Grants available may be somewhere in the range of €100 to €350 per successful group/event, depending on applications received and the nature of those applications.

Completed applications should be e-mailed to [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie) or, alternatively, application forms can be posted to **Bike Week Coordinator, Meath LSP, Enterprise Centre, Trim Rd, Navan, Co. Meath.**

#### Download [Application form and Criteria 2017](#)

The closing date for applications is **4 p.m. Wed 26<sup>th</sup> April 2017**. Applications received after this time will not be considered.

Funding application forms can also be downloaded from [www.meathsports.ie/community/bike-week](http://www.meathsports.ie/community/bike-week) or by contacting 046 9067337.

## Community Activity Programmes



### Men on the Move

Are you MALE, aged 30 plus?  
Would you like to be fitter, healthier?  
And have a bit of craic in the process?



Men on the Move programme is a 6 week sports based programme for MEN ONLY

Since January Men on the Move in Navan has been rolling out every Thursday night. Each week, the activity is varied. It starts with a warm up, may include circuit training, use of the outdoor track or an introduction to a new activity. At all times the activities including warm up and cool downs are instructor led and are tailored to accommodate all fitness levels.

Men on the Move will be in 2 areas starting in April:

- Navan on Thursdays at 7.30pm in Claremont Stadium.
- Ballivor starts Thursday 20<sup>th</sup> April at 7.30pm in Ballivor GAA.

For more information, please contact Ruairi on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)



The men trying out Spikeball (adapted Volleyball)

### Gaelic Football for Men aged 40+

Meath LSP in association with Meath GAA realise that there is a demand for an adapted version of Gaelic Football amongst men over 40 years of age.

Most men have stopped playing competitive football by this age and, in a lot of those cases, this results in the same men not doing any form of exercise.

Adapted Gaelic Football is ideal for those men. This new game is non contact, fun, has short playing intervals and uses modified rules.

Adapted Gaelic Football is suitable for ALL fitness levels and playing abilities.

If you are interested in taking part in this new game or would like to see the demo, come along to **Navan O'Mahony's Astroturf on Tuesday 18th April at 9pm.**

Contact Ruairi on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie) for further information.



## Community Activity Programmes

### Meath Running Group



Interested in training for 10km, 10 miles, half marathon or full marathon in 2017?

Meath Running Group's summer training sessions will focus on speed endurance; ideal for middle distance events. The training sessions will run for 11 weeks each Wednesday. These track sessions are coach led and are tailored to suit the recreational runner to the seasoned professional.

The sessions will commence: **Wednesday May 24<sup>th</sup> at Claremont Stadium, Navan from 7pm -8pm.** Registration forms and online registration available at [www.meathsports.ie](http://www.meathsports.ie)

Further information please contact David or 046 9067337 or email [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie) find us on facebook/meathrunninggroup

**Meath Running Group is an initiative of Meath Local Sports Partnership.**



### Learn2Run to 5k

Our Learn2Run to 5k in association with Navan AC was a huge success with 86 participants getting out and active on a Monday night in Claremont Stadium. The goal was to complete 5k by the end of the 8 weeks whether that was running, jogging or walk/jogging.

On the final night of the 8 weeks there was a great sense of achievement, participants had reached their goals and enjoyed it!. The Navan AC coaches provided the knowledge and support to guide the participants through the programme. There was great friendships built through the programme and you could see people had made a real lifestyle change.

The Learn2Run proves exercise can be fun, enjoyable and you can still achieve what you want to achieve!

Learn2Run 5k will be back in September 2017, don't miss the chance to change your lifestyle and get active on a regular basis.

For more information, please call Ruairi on 046-9067337.



## Community Activity Programmes

### Concussion in Sport Awareness Workshop

Meath Local Sports Partnership teamed up with the Irish Rugby Football Union, Meath GAA and Headway to highlight concussion in sport. The workshop was designed to educate coaches, players, referees and parents on how to recognise concussion and the guidelines on return to play.

Shane Mooney, First Aid and Injury Prevention Coordinator with the IRFU addressed an audience representing GAA, soccer, rugby, cycling and martial arts. The message throughout the presentation was clear, concussion needs to be recognised, player removed from the game and a return to play protocol in place no matter the sport. "If in doubt sit them out" approach should be taken.

Concussion is described as a mild brain injury and may occur in any sport. Visible signs may include – loss of consciousness, slow to get up, unsteady on feet, vomiting and nausea. Symptoms could include- headaches, dizziness, memory problems, sleeping more or less after injury.

Shane explained that all suspected concussion be referred to a medical practitioner for treatment. "Always err on the side of caution" if you suspect concussion "no return to play" on the same day should be adhered too, seek medical advice to be sure.

For further information or to view the presentation on the Concussion in Sport workshop please visit [www.meathsports.ie](http://www.meathsports.ie)



### Bohermeen Community Walking Programme

A FREE 6 week community walking programme will start at Bohermeen Community Centre on **Saturday 22nd April** meeting at 11am. All ages and abilities are encouraged to come and join in.

For more information contact Stephen Ball on 086-0792580.



## Community Activity Programmes



### Community Sports Coaching Programme



A 14 week comprehensive sports coaching programme for those wishing to work or coach in the sports sector was recently completed in Meath.



The Community Sports Coaching Programme organised by Meath Local Sports Partnership aims to provide opportunities for candidates, male and female, to gain experience in a variety of sporting activities, enhance employment; and to support further education.

Over the course of 14 weeks the programme provided 15 participants with both theoretical and practical skills such as FAI kick-start 1 & 2, rugby, athletics and Gaelic games coaching; along with disability inclusion training and sports first aid. Career preparation and work experience were also an integral part of the programme.

#### Graduates of 2017 Community Coaching programme

This was the second community coaching course to be completed in Meath; previous participants went on to get employment in the National Indoor Arena, Dublin, FAI Summer camps and progressed to further education.

**Meath Local Sports Partnership plan to deliver another community coaching programme in September. For more information please contact David at 046-9067337 or email [dmccaffrey@meathcoco.ie](mailto:dmccaffrey@meathcoco.ie)**

This programme was facilitated by Meath LSP and funded at national level by Dormant Accounts through Sport Ireland. The programme is supported locally by Meath Partnership and the Meath & District League. Delivery on the course was supported by the FAI, Meath GAA, Athletics Ireland, Leinster Rugby, Gymnastics Ireland, Basketball Ireland and the Irish Heart Foundation.

### Great turnout for Sport in Blackwater Park!

One of the aims of an "Sport in the Park" initiative is to provide local activities for the residents of nearby estates.

Blackwater park is a local authority owned facility located in the centre of Abbeylands in Navan.

Events organised under the "Sport in the Park" programme included orienteering, rugby, soccer & gaelic football.

The organisers were delighted with the number of children who participated all events, but in particular with the number of families who turned out and took part in the orienteering.

Meath LSP would like to extend our thanks to Navan Rugby Club, OMP United, Simonstown CLG, Fingal Orienteers & all development officers and coaches who gave up their time.

Keep an eye on [www.meathsports.ie](http://www.meathsports.ie) for further activities over the coming months.



## Education & Training

### NEW Safeguarding 1 Refresher App

Sport Ireland and Sport Northern Ireland have recently launched a Safeguarding 1 Refresher App. ***This app is only applicable to those who have completed Safeguarding 1 already and are looking to refresh their certificate.***



Sport Ireland recommend that you renew your certificate every three years. This app includes a digital test where you will receive a digital certificate. This certificate is invalid unless you have completed a Safeguarding 1 course previously. The app can also be used as a resource for information. Click [HERE](#) to view app.

**Disability Inclusion Training**

**DISABILITY INCLUSION TRAINING**

**COURSE COST €45**

This is a **Six Hour** introductory level course designed to give participants **ideas and inspiration** to adapt their **Sport, Physical Activity or Physical Education** sessions to make them more **accessible** for children and adults with a disability

**BOOK ONLINE** Visit [caraapacentre.ie](http://caraapacentre.ie) and follow the links to Training & Education to book Online

Co-ordinated by CARA National Adapted Physical Activity Centre  
For more information visit [www.caraapacentre.ie](http://www.caraapacentre.ie)

**fit4all**

**NATIONAL WEEK 8-14 MAY**

[www.caracentre.ie/fit4all](http://www.caracentre.ie/fit4all)  
**01 625 1160**  
[inclusivefitness.cara@ttralee.ie](mailto:inclusivefitness.cara@ttralee.ie)

fit4all is a national campaign aimed at increasing awareness among people with disabilities, families/carers and disability services on the benefits of regular exercise, healthy lifestyles and opportunities to participate within the local community. fit4all also aims to increase awareness and build the capacity of leisure & fitness professionals in providing accessible programmes and facilities within their local community.

**FIND A LOCAL PARTICIPATING CENTRE OR FITNESS PROFESSIONAL**

[www.caracentre.ie/fit4all](http://www.caracentre.ie/fit4all)

Coordinated by CARA

Funded by Department of Justice & Equality

**WHY TAKE PART?**

- See what's happening in your local centre, facility or with a fitness professional during fit4all week
- Get to try out a new class or programme for **FREE**
- Trial an experience with your local fitness professional
- See the benefits of participating in regular exercise
- Find out more about healthy living
- Meet new friends

**WHAT YOU NEED TO DO:**

- Log onto [www.caracentre.ie/fit4all](http://www.caracentre.ie/fit4all) to find a participating centre or fitness professional
- Find out what's happening in your local area or local community
- Go along to your registered centre / class during the fit4all week and see the benefits it has to offer
- Attend our National fit4all EXPO on the 10th May in Dublin for **FREE**

## Older Adult Programmes

### Mature Movers

The 8 week programme for adults (50+) includes activities such as seated exercise to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises. Mature Movers is ideally suited to older adults as it provides for enjoyable social interaction, fun and activities.

Mature Movers will be in the following areas in so please come along and try it out. See below when and where they take place:

- **Trim** - Mondays at 10am in Knightsbridge Nursing Home (Village Hall).
- **Navan** - Mondays at 11am in Navan Pitch and Putt Club.
- **Kells** – Thursdays at 10am in Kells Peoples Resource Centre.
- **Athboy** – Wednesdays at 11am in St. James Hall, Athboy.
- **Laytown/Bettystown** – Fridays at 11am in St. Colmcilles GAA.
- **Dunboyne** – Fridays at 10.30am in the Old School, Dunboyne.
- **Simonstown**- Fridays at 11am in Simonstown GAA Centre.



Mature Movers in Dunboyne

If you would like to participate on the Mature Movers Activity Programme in your area please contact Ruairi Murphy at Meath Local Sports Partnership on 046-9067337.

### Dance for 50+

We launched our dance for 50+ on Tuesday 21<sup>st</sup> March in Simonstown GAA Centre. The dance comprised of Line dancing and Mi-Chi (an adaptation of Tai-Chi). The dance morning was a great success with 68 adults dusting off their dance shoes and getting the body moving.

We are running 6 week dance programmes in the following 3 areas:

- **Navan:** Wednesday 19<sup>th</sup> April at 11am in Club Active, Carriage Rd, Navan
- **Kilmessan:** Friday 21<sup>st</sup> April at 11am in Kilmessan GAA.
- **Wilkinstown:** Tuesday 25<sup>th</sup> April at 11am in Wilkinstown Community Centre.

To book your place contact Ruairi on 046-9067337.



## Older Adult Programmes

# Games for Life

If you are interested in any of the following programmes, please call Ruairi on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)

## Active Retirement Bowls League

The finals of Division 1 and 2 are due to take place on **Wednesday 26<sup>th</sup> April**. The hosts this year will be Oldcastle, all groups are looking forward to using the great facilities in the showhall.

The top 4 teams from each division will go through to the finals. Teams are practicing hard to make those qualifying spaces.

## Meath Go for life Games

The Meath Go for Life Games league final took place **Tuesday 28<sup>th</sup> March** in Simonstown GAA Centre. The league has been running monthly for the last 5 months. It has been closely contested league with the winners eventually emerging from the final games.

St. Brigids Day Centre, Meath Disability Services and Athboy A.R came close but Dunboyne Rehabcare emerged at top of the table on the final day of the league.

Well done to all!



## Kurling Tournament

The one day tournament produced great excitement with 25 teams participating on the day.

Two teams stole the show on the day, Prosper Meath (Cannon Row) and Athboy reached their first final. Athboy edged Prosper Meath out in the final and were crowned Kurling Champions 2017.

**Pictured on left: Finalists—Prosper Meath (Cannon Row) and Athboy Active Retirement group!**

## Older Adult Programmes

### Games for Life

The Boccia League will start on **Tuesday 18<sup>th</sup> April at 11am in Simonstown GAA Centre**. This is the 6<sup>th</sup> annual Boccia League with 40 teams participating monthly.



### Cornhole Tournament

Our newest activity Cornhole will be showcased at the Boccia League on Tuesday 18<sup>th</sup> April, groups are welcome to come and try it out!. Dunboyne Rehabcare are busy making sets for groups. Groups can place orders for the Cornhole sets on the 18th.

The first ever Cornhole Tournament will take place **Tuesday 23<sup>rd</sup> May** at 11am in Simonstown GAA Centre.



### Fitness Made Easy

Meath LSP's Fitness Made Easy Programme (for adults 50+) started Wednesday 4<sup>th</sup> February in Club Active Navan.

Activities for this 5 week programme included:

- Tutor lead warm up and cool downs.
- An introduction and weekly instruction on the Easyline equipment in the gym.
- Instruction on the cardiovascular machines e.g. bike, cross-trainer and rower.
- Mobility and Stretching exercises

*"I love the programme, my doctor told me I need to use the gym but I wouldn't go in on my own, it's great going in with the ladies".*

Due to the success of the programme it has been extended for a further 5 week programme. The 15 participants are really enjoying the programme and training as a group in the gym.

If you are interested in attending or for information please contact Ruairi on 046-9067337.



*"The tutors are excellent, I feel really comfortable going into the gym, I really feel like I have improved since joining the programme".*

## Schools Section

### What we offer schools

Meath Local Sports Partnership offers a variety of programmes to schools in support of physical education and in particular the Active Schools Flag.

**Programmes include:**

- Cycle Right Programme
- Sports Hall Athletics
- Daily Mile Challenge
- Sports Leader UK
- Be Active ASAP Programme
- Play Rugby Programme
- School Sports Day Training
- iRun for Fun
- National initiatives such as Bikeweek, National Recreation Week and National Playday.

If you would like further information on any of the above programmes see [www.meathsports.ie](http://www.meathsports.ie) or contact us at 046 9067337 or email [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)

### National SPORTSHALL Athletics Final 2017

In what was an action packed day, Meath claimed a national team title and two team runners up places at the recent National SPORTSHALL Athletics Finals in Athlone.

SPORTSHALL Athletics is a primary school based programme involving running, throwing and jumping events. The National finals are a coming together of counties from across the country; each county team includes children from one or more primary schools. There were 15 counties competing in this year's final.



**Team Meath 2017**

The Meath team this year comprised of 60 children from St Paul's National School

in Navan and Kentstown National School. Meath competed in 4 categories - the 3<sup>rd</sup> & 4<sup>th</sup> class girls; 3<sup>rd</sup> & 4<sup>th</sup> class boys; 5<sup>th</sup> & 6<sup>th</sup> class girls and 5<sup>th</sup> & 6<sup>th</sup> class boys.

On the track all 4 teams were very strong and were well in contention going into the field events. Mixed results in the throwing and jumping however saw the 3<sup>rd</sup> & 4<sup>th</sup> boys miss out on a podium place, but both the 3<sup>rd</sup> and 4<sup>th</sup> and 5<sup>th</sup> and 6<sup>th</sup> girls continued to impress and finished second overall. The 5<sup>th</sup> & 6<sup>th</sup> boys carried the same strength and passion onto the field events and were duly rewarded with a joint first place finish. Meath Local Sports Partnership coordinates SPORTSHALL athletics in Meath and would like to thank all schools involved for their continued support.

## Schools Section



### Play Rugby Programme

Meath LSP continues its partnership with the IRFU and Leinster Rugby in rolling out the Play Rugby initiative to Primary Schools in Meath. The goal of Play Rugby is to introduce rugby to as many children as possible. The initiative is aimed at 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> classes and consists of training sessions with a local Community Rugby Officer (CRO) working on behalf of Leinster Rugby.

These sessions are designed to have full participation by pupils in a fun, safe environment. They are suitable for both boys & girls and are non-contact. As part of the initiative schools will also receive a Play Rugby pack. The Play Rugby pack contains Rugby balls, cones, bibs, game cards & certificates.

The Community Rugby Officer (CRO) will deliver one session per week for a minimum of 4 weeks in the school. Currently there is no cost to the school for the Play Rugby initiative.



Schools already trained and have received a pack can take part in the 'Give it a Try' programme. 'Give it a try' is a participation based tag rugby programme aimed at getting more kids active in rugby in their school. Over the course of a 4-6 week block of coaching, participants learn a range of generic sports skills along with the rules of tag rugby. At a point during the block of coaching, the young players will get a chance to play in a tag rugby participation blitz in their local club.

Schools interested in Play Rugby or Give it a Try programme can contact Billy Phelan, Leinster Rugby at 01 2693224.

## Sports Leadership – an Accredited Award for Secondary School Students

Meath Local Sports Partnership in association with Sport Ireland and Dormant Accounts will continue to roll out the Sports Leadership Award in 2017 and are inviting interested schools to take part.



The Award in Sports Leadership is accredited by Sport Ireland partners - Sports Leader UK. For students wishing to pursue a career in sports, management or leadership this is their opportunity to get ahead in terms of their own career pathway. The Level 1 Award in Sports Leadership is ideally suited to students of transition year but not exclusively.

The Level 1 Award in Sports Leadership is a practical award in which learners must demonstrate their ability to lead others in simple sport/activity. The award consists of 2 Units of work (22 guided hours) delivered over a number of sessions. Each course is designed for 20 (max) students per tutor, schools may opt to work with 20 students on one course or we can provide 2 tutors and deliver to 40 pupils simultaneously.

Secondary schools in Meath who have completed the Sports Leader Award include -Ashbourne Community School, Loreto Secondary School and St Patrick's Classical School in Navan.

To book your School's place on the Sport Leader level 1 Award or to find out more information please contact David McCaffrey, Meath LSP at 046-9067337 or email [dmccaffrey@meathcoco.ie](mailto:dmccaffrey@meathcoco.ie).

## Schools Section

### **iRunForFun** for Secondary Schools.

Meath LSP has teamed up with Athletics Ireland to offer an athletic based activity for secondary schools. **iRunForFun** is a 6 week programme that has been designed to encourage engagement in physical activity in secondary schools.



**Students of St. Ciaran's Community School, Kells**

The **iRunForFun** programme is FREE of charge, comes with a training diary and is suited to all abilities. The diary provides training tips, advice, and there are also articles on goal setting and nutrition.

Each week there is a compulsory session that is outlined in the **iRunForFun** diary. Each session will take no longer than 10-15 minutes to complete and

should take place during physical education (PE) class each week for a period of 6 weeks

The training should take place around a fixed loop of approximately 150-250 meters. A basketball court, large hall, or half a GAA/Soccer pitch is perfect for this. On completion of the 6 weeks, the school will then facilitate a school challenge at a distance suited to those who participated on the training programme for example -1 mile, 3k or 5k.

Schools currently on the programme include – St Ciarans community school and Eureka secondary school in Kells and Beaufort College in Navan. If your school is interested in participating in the **iRunForFun** programme, please contact David or Lucy @ 046 9067337 or email [dmccaffrey@meathcoco.ie](mailto:dmccaffrey@meathcoco.ie)



### **The Daily Mile**

Meath LSP would like to invite your school to take part in the **Daily Mile**. A free and simple initiative; the **Daily Mile** aims to improve the physical, social, emotional and mental health and wellbeing of the children in your school.

It is not PE, sport or cross-country but a physical activity which can help children to focus and concentrate in the classroom.

- It takes place over just 15 minutes, with children averaging a mile each day.
- Children run outside in the fresh air – and the weather is a benefit, not a barrier.
- There's no set up, tidy up, or equipment required.
- Children run in their uniforms so no kit or changing time is needed.
- It's social, non-competitive and fun.
- It's fully inclusive; every child succeeds, whatever their age or ability

If you are interested in starting the **Daily Mile** in your school or with one of the classes in your school initially, please contact Meath LSP for an expression of interest form or email [dmccaffrey@meathcoco.ie](mailto:dmccaffrey@meathcoco.ie)

## Schools Section

### Cycle Right—New cycle safety training for schools

In 2017, a new national standard for cycle safety training – Cycle Right will roll out in primary schools across the country. Cycle Right will replace the 6 week cycle safety programme previously delivered in Meath with an 8 week course which extends the training to offer road experience.

Cycle Right National Co-ordinator Barbara Connolly explained that “this programme brings defined outcomes and quality of delivery to training across the country for the first time. Additionally, all courses of training will include the goal of introducing those taking part to the road environment”.



**Recent Cycle Right launch at St Marys Primary School, Enfield. L to R – Sgt Peter Kelly, Enfield. Enda Flynn Principal St Marys, David McCaffrey Meath LSP, David Schuller Operations Manager Eurolink, Michael Finnegan Road Safety Officer Meath County Council, Barbara Connolly, Richie Kelly and Don Mac Sweeney Cycle Safety School. Front row – students from St Mary’s Enfield.**

M3 Motorway operator Eurolink has committed to support this programme in Meath which is co-ordinated by Meath Local Sports Partnership. Since 2012, Eurolink has sponsored cycle safety training in Meath with almost 5000 primary school children trained to-date.

David Schuller (Operations Manager with Eurolink) stated how pleased he was to continue to support Meath LSP in rolling out the safe cycling training for children. “Eurolink are committed to improving road safety, the addition of real road time training can only enhance the quality of safe cycling and experience offered to each child on this programme”

The Cycle Right programme provides training to classes from 3<sup>rd</sup> up to 6<sup>th</sup> class. Schools can opt for annual training, bi annual or every 3 to 4 years depending on the number of children to be trained. Bicycles and helmets are provided. This programme is promoted by the Department of Transport, Tourism and Sport, the Road Safety Authority and Cycling Ireland.

If you wish to avail of the **CYCLE RIGHT** training and wish to continue to use the services of the Cycle Safety School, please email Barbara Connolly to register your interest - [barbara.connolly@cyclingireland.ie](mailto:barbara.connolly@cyclingireland.ie) or contact her on 086 1835920.

## Schools Section

### Be Active After School Activity Programme (ASAP)

Since January 2017, Be Active ASAP training has taken place in Cavan, Cork, Donegal, North Inner City Dublin, South Inner City Dublin, West Dublin, Kildare, Kilkenny, Longford, Roscommon, Sligo, Waterford and Wexford.



A total of 166 teachers attended the training.

Well done to all involved and good luck to any school pursuing an Active School Flag.

Physical activity, sport and active play have important roles in the lives of children and young people.

Being active is vital for healthy growth and development and has emotional, social and cognitive benefits for the development of children and young people and contributes to meeting the recommended levels of physical activity.

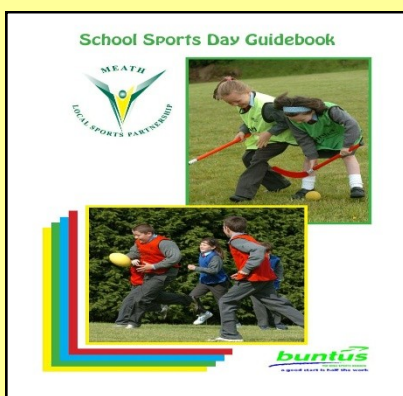
In a school setting, it is important that children develop the knowledge, skills and behaviours which are likely to enhance lifelong engagement in physical activity and good health. This must be complemented by their family life and the ready availability of initiatives and programmes to become active in their community.

Active School Week 2017 takes place from April 24<sup>th</sup> – 28<sup>th</sup>. We encourage all schools to get up and get active during this period. Where possible, encourage parental participation in activities and most of all, have fun and enjoy the week. Please contact 046-9067337 for more information.



### School Sports Day Training

Meath LSP organises school sports day training workshops for primary schools in the county. A common issue many schools encounter is in relation to organising the school sports day. To assist schools in this regard, we have developed a school sports day training pack that consists of a guidebook, training workshop and resource cards.



The school sports day training involves a practical session. The training and accompanying guidebook is designed to equip the participant with the knowledge and skills required to deliver a sports day that is more accessible, easily organised, safe, successful and most importantly fun. Training is open to teachers, special needs assistants and parents from primary schools in Meath. Training will take place in 29th May in Navan. There is a workshop fee of €10 per person. **To register your interest, call Lynn on 046-9067337.**

## Sports Ability

### Cycling Programmes

This month saw another group of 15 children with disabilities successfully complete the **Learn2Cycle Programme** in Laytown with 13 of these children learning to cycle independently.

This programme continues to be a huge success with parents noting the benefits of their children's social inclusion and increased physical activity levels following their participation in the 6 week programme. In 2016, 60 children with disabilities took part in this programme with 36 children learning to cycle independently.

We will continue to deliver this programme throughout the year in various locations with our next course starting on the **27<sup>th</sup> April in St Pauls NS Navan**. Call Elaine if you would like to register your child's interest in the programme.



**Adam Healy who learned how to cycle in the recent Learn2Cycle Programme!**

In addition to the Learn2Cycle Programme, Meath LSP and the Cycling Safety School developed a **Cycle Safety and Road Skills Programme** in 2016. This programme was designed as a follow on for children who have successfully learned to cycle independently and now need to learn cycle safety skills as the next progression. This course will be delivered again in 2017 and is due to commence on the **27<sup>th</sup> September from 5-6pm in St Pauls NS Ratoath**.

Spaces are currently available and those interested should contact Elaine on 046-9067337.

### Tag Rugby

In 2016 approximately 75 children and adults with disabilities took part in a Tag Rugby programme with Navan Rugby club. The coaches from Leinster Rugby and Navan Rugby club taught basics of Tag Rugby and helped to develop skills needed such as throwing, catching and running.

Navan Rugby Club are committed to continuing this programme however we need to recruit more participants to allow the sessions to continue. With the bright evenings upon us this is a perfect opportunity for your child to get out and enjoy some fresh air while socialising with peers and increasing physical activities levels. Our aim is to recommence training in May and if participant numbers are great enough we plan to team up with surrounding counties in August to run a friendly Tag Rugby competition day.

If you think your child would like to try out this fun activity please contact Elaine on 046-9067337.



### Tag Rugby For All

**When? Thursdays 5-6pm**

**Where? Navan Rugby Club**

**Who? Children with Disabilities + Siblings/Friends**

**To register please contact:**

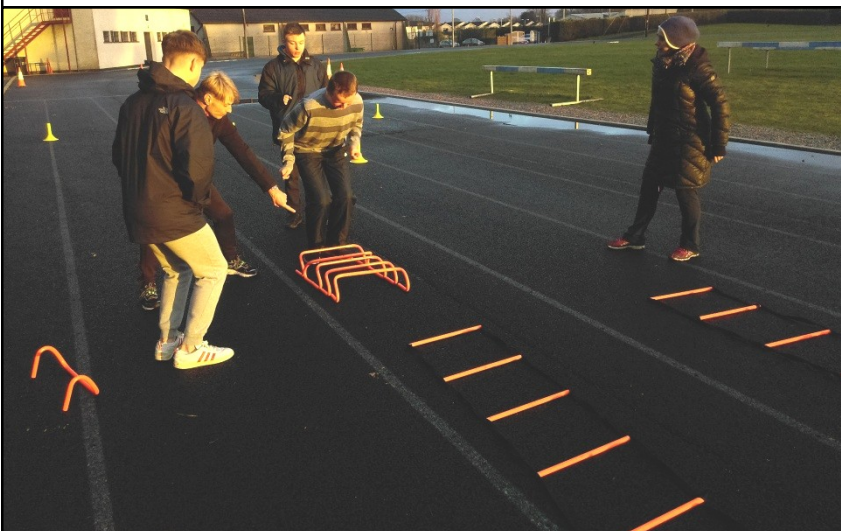
**Elaine Eanville,  
Sports Inclusion Disability Officer,  
Meath Sports Partnership at (046) 9067337**



## Sports Ability

### Special Athletics and Yoga (SAY) Programme

A wealth of recent research has shown that the children of this generation are not developing Fundamental Movement Skills at age appropriate milestones. For children with disabilities this problem is even more of an



issue due to already delayed motor skill development for some, and fewer opportunities to access physical activity programmes and facilities for the majority.

To combat this problem Meath Local Sports Partnership teamed up with Dunboyne Athletics Club and tutors from U-Fit and Inner Space Health to develop a Special Athletics and Yoga programme. This programme is aimed at children with intellectual and development disabilities and aims to teach the fundamental movement skills needed to allow

children to run and take part in physical activity efficiently. The medium of Yoga is used to develop greater proprioception and self awareness while Athletics training is then used to work on agility, speed and endurance.

The tutors delivering this programme have immense experience in the area of special needs and their expert coaching over the 8 week period that this programme has been delivered has resulted in some great outcomes. Parents have reported major increases in social skills, ability to concentrate and follow instructions, decreased anxiety and challenging behaviours and of course increased motor skills performance.

We will be running another 6 week course in **Dunboyne Athletics Club** starting on **8<sup>th</sup> May** from **4-5pm and 5-6pm**.

If you would like more information about this please contact Elaine on 046-9067337.



#### FOR CHILDREN & TEENS ON THE AUTISTIC SPECTRUM

- Increased cardio-respiratory, muscular fitness and metabolic health
- Promotes stronger bones
- Promotes healthier body fat composition
- Reduced symptoms of anxiety and depression
- Aids the nervous, respiratory and digestive systems
- Improves balance, co-ordination and listening skills



Venue: **Dunboyne Athletics Club**

Time: **4-5pm Age: 7-12 years**

Time: **5-6pm Age: 13 Plus**



[www.innerspacehealth.ie](http://www.innerspacehealth.ie)  
[info@innerspacehealth.ie](mailto:info@innerspacehealth.ie)  
 087 790 3859

## Sports Ability

### Mood Walks

In August 2016, Meath LSP worked in partnership with the HSE Mental Health Services in Meath to develop and implement a "Mood Walks" programme for adults experiencing Mental Health Difficulties.

*"the confidence to walk on my own, with my head back"*

Mood Walks is a walking programme, targeted at adults with mental health difficulties, which aims to provide structured physical activity opportunities to increase mental and physical wellbeing. This programme was developed based on an adaptation of the Mood Walks Initiative in Canada which focused on hiking and mindfulness as a form of improving mental well being. The uniqueness of this walking programme is its focus on incorporating mindfulness of movement and awareness of our green space surroundings as part of the theme of the weekly walks. In conjunction with the weekly walking activity, additional opportunities were provided to try



out new physical activities which are renowned for enhancing wellbeing, such as Tai Chi, Yoga and Guided Nature Walks.

The aim was to provide participants with an opportunity to explore methods to improve their well-being, through physical activity and mindfulness, in a variety of natural spaces and also to increase physical activity participation within this population. The programme was hugely successful with participants reporting increased daily physical activity levels.

*"Confidence to go enjoy new things"*

This programme will recommence in Ashbourne on **12<sup>th</sup> April** and anyone interested in getting involved is recommended to contact their Mental Health Team within the HSE.

### Pitch and Putt Programme

Last month, Meath Local Sports Partnership and the Pitch and Putt Union of Ireland were delighted to deliver an Introduction to Pitch and Putt Coaching course to transition year students from Loreto Secondary School.



**L to R: Elaine (MLSP), Mary Murphy (MLSP), Adam, Daniel.**



**Terry Donegan (MLSP), students from Loreto Secondary School, Paul Hayes (PPUI), Elaine (SIDO, MLSP).**

Following on from this training, these students will assist in delivering the Pitch and Putt Programme for children with disabilities which commences this May in Stackallen Pitch and Putt Club. The training was thoroughly enjoyed by all and we are very grateful to have the assistance of these dedicated students in the delivery of our programmes.

The programme will be delivered to children with disabilities between the ages of 8-16 years and will commence in **May in Stackallen Pitch and Putt Club**. The programme will run for 8 weeks at a cost of €25. If you would like to register your child please call Elaine on 046-9067337 but please note that places are limited.

## Sports Ability

## April-June Programme 2017

<u>Activity</u>	<u>Venue</u>	<u>Time</u>	<u>Day</u>	<u>Who</u>	<u>Cost</u>
Football4All Programme with Ratoath FC  <b>*Call Raymond Hoare on 0868203095</b>	CODLISS Soccer Pitches Ratoath	10am – 11am	Every Saturday	6-16 years	N/A
Horse Riding Programme (4 week programme)  <b>*Call Jacinta on 0871381716</b>	Brookfield Stables, Navan	Lessons available from 2pm onwards.	Every Wednesday and Thursday	5 years +	€60 for 4 week programme
Wheelchair Badminton Club  <b>*Call Dermot on 086 3830660</b>	Claremont Stadium Navan	7-8pm	Every Wednesday	Children and Adults	TBC
Swimming Lessons  <b>*Call Philip on 0872697062</b>	Knightsbrook Leisure Centre Trim	2pm Beginners 2.40pm Intermediate	Every Sunday	6-18 years	€100 for 10 weeks
Special Athletics and Yoga (6 week Programme)	Dunboyne AC	4-5pm (7-13yrs) 5-6pm (13yrs +)	Commencing Monday 8 <sup>th</sup> May	6-18 years	€75 for 6 weeks
Learn 2 cycle Programme (6 Week Programme)	St Pauls NS Navan	4-5pm	Commencing Thursday 27 <sup>th</sup> April	6-16 years	€35 for 6 week programme
Cycle Safety and Road Skills Programme (6 Week Programme)	St Pauls NS Navan	5-6pm	Commencing Thursday 27 <sup>th</sup> April	6-18 years	€35 for 6 week programme
Tag Rugby 4 All	Navan Rugby Club	5-6pm	Commencing Thursday 4 <sup>th</sup> May	6 yrs +	N/A
Pitch and Putt Programme (8 week programme)	Stackallen Pitch and Putt Club	TBC	May	8 yrs +	€25 for 8 weeks

**\*For all other programmes please contact Elaine Banville, Sports Inclusion Disability Officer, Meath Local Sports Partnership at (046)9067337**

## Calendar of Courses and Events 2017

Activity	Date	Time	Venue
<b>April 2017</b>			
Mature Movers	April	Various	Various (See page 8)
Dance for 50+	April	Various	Various (See page 8)
Easter Camp	12th & 13th	11am—1pm	Blackwater Park, Navan
Sports Injuries First Aid	27th April	6.30pm-10pm	Windtown Unity Centre, Navan
<b>May 2017</b>			
Royal County 5km/10km	1st May	10km: 10.30am 5km: 11am	Kells
Safeguarding 1— Child Protection Awareness Workshop	11th May	6.30pm-9.45pm	Windtown Unity Centre, Navan
Cornhole Tournament	23rd May	11am	Simonstown GAA Centre
Meath Running Group Block 2 (Speed & Middle Dis- tance Training)	24th May	7pm	Claremont Stadium, Navan
School Sports Day Training	29th May	3.30pm-6.30pm	Navan
Safeguarding 3— Designated Liaison Person Workshop	31st May	6.30pm-9.45pm	Windtown Unity Centre, Navan
<b>June 2017</b>			
National Bike Week	10th—18th June	Varies	Varies
<b>July 2017</b>			
Sport Ireland Meath Heritage Cycle Tour	Saturday 29th & 30th July	Varies	Trim
<b>August 2017</b>			
Meath Running Group Block 3 (Middle to Long Distance Training)	23rd August	7pm	Claremont Stadium, Navan

PLEASE CHECK OUT OUR WEBSITE [www.meathsports.ie](http://www.meathsports.ie) OR CONTACT THE OFFICE FOR INFORMTION

Meath Local Sports Partnership, Enterprise Centre, Trim Rd, Navan. Tel: 046-9067337

Email: [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)