

In this Issue

Virtual Royal County 2021

Community Activity

- 0-3k Walk to Jog
- Meet n Train
- COVID-19 Stability Fund
- Community Sports Hub Navan
- Swimming
- Meath Running Group
- Adventure Walking App
- Orienteering
- Come fly a Kite
- Walking Football for adults 40+
- Canoeing for Men
- Men on the Move

Women in Sport

- Paddlesports for Mums & Girls
- Social Basketball
- Ladies Social Tag Rugby
- Rounders

Training & Education

- Coaching Children Online Workshops
- Junior Club Sports Leadership

Older Adult Programmes

- Keep Well
- Walk n Tone
- Mature Movers
- Dance for Life 50+

Sports Ability Programmes

- Run Jump Throw
- Royal Rockets IWA Club
- Inclusive Summer Camp
- Inclusive Canoeing
- Leinster Rugby Inclusive Camps
- Programme of Events

Dates for your diary

Royal County – virtual runaway success!

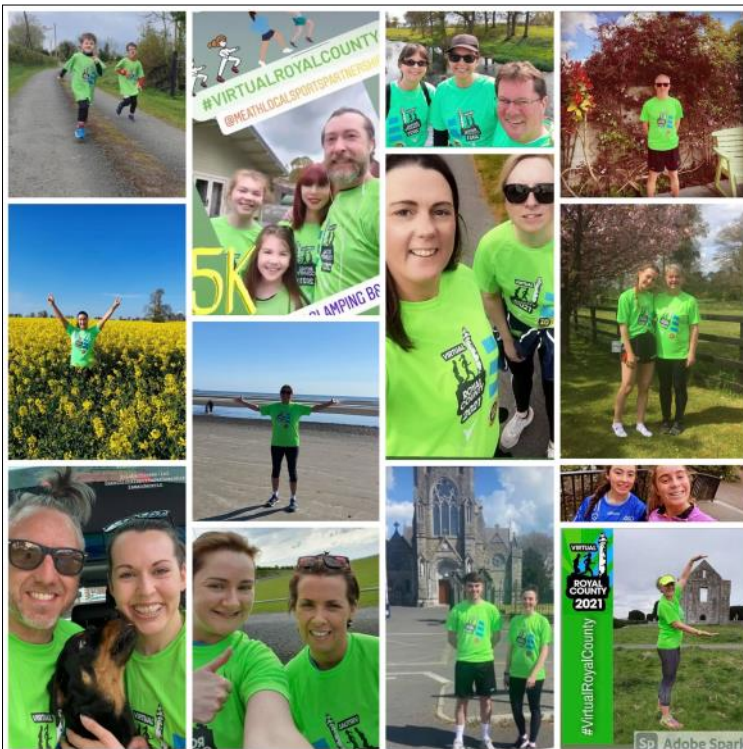
With 1200 runners, joggers and walkers participating in either the Royal County 3k/5k or 10k distances over the May Bank Holiday weekend, organisers Meath LSP were happy to deem the event a “virtual runaway success”.

Participants took to the roads all over the country to be part of this hugely popular event, but none were more visible than around the town of Kells bedecked in the eye catching t-shirts particularly in the sunshine on Saturday and Sunday of the weekend.

Young and old delighted in the comfort of being able to participate in their own locality and at a time which suited them.

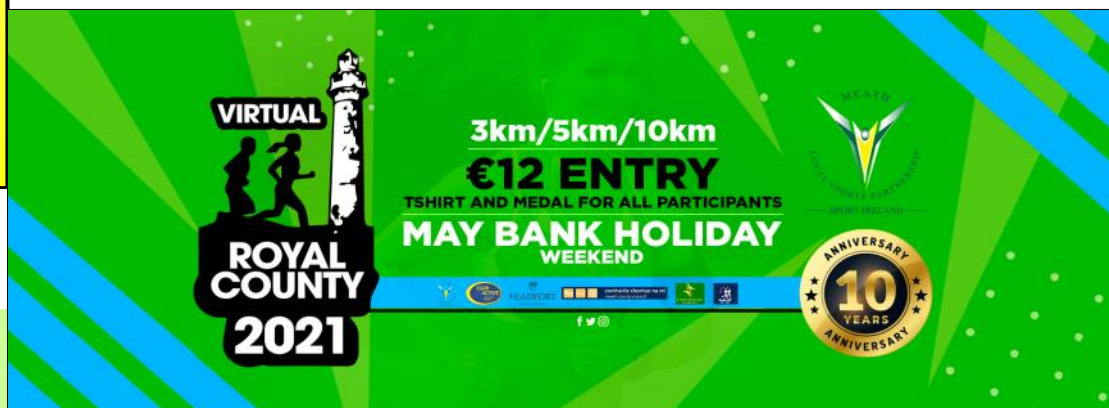
With people tagging the Royal County from far afield in Liverpool to Cobh in Cork to Donegal to Dubai, the event this year had a real country wide appeal. For those who participated locally, they were rewarded with free coffee from Walsh's Coffee House in Kells on the Saturday.

Meath LSP were delighted with the local engagement and the commitment of the town of Kells to continue to embrace the Royal County event. The challenge in 2022 will be how to integrate returning to the actual physical event whilst offering a virtual aspect to the Royal County. It's a challenge the organisers Meath LSP will relish and look forward to. Here's to the next 10 years!



View our website

<http://www.meathsports.ie>



Community Activity Programmes



0-3k Walk to Jog Programme

This six week Walk to Jog Programme is specifically designed for complete beginners taking participants from walking to jogging with relative ease. Led by qualified leaders and coaches, it is a structured programme that improves health and fitness over a 6-week period.

It is available to anyone who wants to increase their daily activity and is suitable for **MEN and WOMEN** of all ages and fitness levels.

Past participants and those returning to running after an absence are also welcome. Cost is €20 for 6 weeks.



In the past, most participants continue to keep up recreational running and many have gone on to join clubs and competed in 5k and 10k road races.

0-3k Walk to Jog Programme		
Venue	Start Date	Time
Tara Track – Ross Cross	Monday 24 th May	6.30pm
Navan – Claremont Stadium	Monday 24 th May	7pm
Enfield – GAA grounds	Monday 24 th May	7pm
Kells – Fair Green	Wednesday 26th May	7pm
Trim – meeting at Supermacs	Wednesday 26th May	7pm

For more details or to book a place please see

<https://www.meathsports.ie/women-in-sport/0-3km-walk-to-jog-programme/> or contact Lisa at lodowd@meathcoco.ie.



Community Activity Programmes

Meet n Train

Meet n'Train is a "new" 6 week outdoor programme that includes a combination of cardio, strength and stretching exercises to increase and maintain health/fitness. Cost is €20 for 6 week programme.

Each session is led by a qualified instructor who will incorporate a wide range of exercises making it both fun and challenging. This programme is suitable for men and women of all fitness levels, from the complete beginner upwards.



Venue	Start date	Time
Claremont Stadium, Navan	Tuesday 1st June	7.30pm
Stamullen (St. Patrick's GAA)	Wednesday 2 nd June	11am
Summerhill (Astro Pitch)	Thursday 3 rd June	11am

For more details and reserve a place, log on to <https://www.meathsports.ie/women-in-sport/meet-n-train/>. If you have any queries please contact Lisa at lodowd@meathcoco.ie or call 046-9067337.

Funding available for community centres and community/voluntary organisations!

The Department of Rural and Community Development (DRCD) has launched a 'COVID-19 Stability Fund 2021' which is open to community and voluntary organisations, charities and social enterprises. The press release announcing the launch of this Fund is available [here](#) for further information.

The primary aim of the COVID-19 Stability Fund 2021 is to help organisations suffering financially due to a reduction in their fundraising and/or traded income to continue to deliver eligible critical services over this difficult period.

All details on the COVID-19 Stability Fund 2021 can be found on the [Pobal website](#). If you have any further queries on the fund, please email stabilityscheme@pobal.ie

COVID-19 Stability Fund 2021



Coronavirus
COVID-19
Public Health
Advice



Rialtas na hÉireann
Government of Ireland



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development

ciste na
gcuntas diomhaoin
the dormant
accounts fund

Community Activity Programmes

Community Sports Hub Navan



Our aim is to get the local community of Navan more active, more often!



All activities will be delivered in line with public health guidelines at the time.

Allocation of Dormant Account funding was secured through Meath LSP and Sport Ireland towards the development of a Community Sports Hub in Navan.

The hub operates within the existing structures of the Local Sports Partnership and provides information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved and engage in a more active and healthier lifestyle.

Plan 2021

The hub is managed from the offices of Meath LSP based in Town Hall, Navan which acts as a central physical base for the programme.

3 hotspot areas had been previously identified in Navan for phase programme roll out, these were —

- Blackwater Park
- Johnstown
- Claremont Stadium

Check out our Facebook page – [Community Sports Hub Navan](#) for opportunities to get involved in sport and physical activity or take a look at our ‘What’s On’ list of programmes. **If you would like more information on Community Sports Hub Navan, please contact Una Pearson at upearson@meathcoco.ie**





Community Activity Programmes

Community Sports Hub Navan

Summer Camps



Would you like your child to take part in fun multi-sport summer camps throughout the school holidays?

Check out the times and venues below where children aged 6-12yrs can be active and take part in a variety of sports and activities

Multi-Sport Summer Camps

Date: Tuesday 29th June – Thursday 1st July

Time: 10am – 12pm

Venues:

- Blackwater Park, Navan
- Johnstown Peoples Park, Navan

Activities:

A variety of different sports e.g. Soccer, Rugby, Cricket, GAA

Mini Olympics Camp

Date: Tuesday 3rd – Thursday 5th August

Time: 10am-12pm

Venue: Blackwater Park, Navan

Activities: A variety of fun games and activities like the summer Olympics

Spaces are LIMITED and will be on a first come basis! Participants must register in advance. Waiting lists will be in operation for all programmes.

For further information please contact Paul at cshfacilitatornavan@gmail.com or call 0469067337.





Community Activity Programmes



Community Sports Hub Navan

Buggy Buddies



Wednesday 19th May – Wednesday 23rd June at 9.30am-10.30am in Blackwater Park, Navan



Buggy Buddies is a 6 week tutor led programme with a mix of walking and toning exercises. New mothers and carers of children are welcome. This is a great way to meet with new people and create friendships.

Spaces are LIMITED and will be on a first come basis! Participants must register in advance. Waiting lists will be in operation for all programmes.

"I really enjoyed this programme, it was great to get out of the house in the mornings to exercise"

To book please contact Paul at cshfacilitatornavan@gmail.com or call 046-9067337.

Active Women – Outdoor Circuits



**New 6-week programme beginning Wednesday 19th May
Blackwater Park, Navan
6.45-7.45pm**



Women on the move is an exercise and circuit-based programme for women which gives the opportunity to be active and socialise with other women, while aiming to improve fitness, tone up and losing weight. A new 6-week block is beginning on 19th May, if you are interested in taking part email to book your place.

Spaces are LIMITED and will be on a first come basis! Participants must register in advance. Waiting lists will be in operation for all programmes.

If you are interested in booking a place, please contact Paul at cshfacilitatornavan@gmail.com or call 0469067337.





Community Activity Programmes



FREE Summer Community Activity Programmes!



Programme	Programme	Time	Venue	Age	Date
MONDAY					
Basketball	Come & Try Basketball	4.30-5.30pm 5.45-6.45pm	Scoil Naomh Eoin	6-8 yrs 12-17yrs	5 th July – 16 th August (1 week break 2 nd Aug)
TUESDAY					
Multi-Sport	Fun sports activities and games to come and try	4.30--5.30pm 5.45-6.45pm	St. Stephen's NS	6-12yrs 12-17yrs	6 th July – 17 th August (1 week break 3rd Aug)
WEDNESDAY					
Community Walking	Community Based Walks around Blackwater Park with tips on walking techniques, breathing	6pm-7pm	Blackwater Park, Navan	18yrs+	7 th July – 18 th August (1 week break 4 th Aug)
Buggy Buddies	Exercise group open to parents & carers of babies & toddlers in buggies or prams. A variety of exercises including walking, toning, circuits	9.30am-10.30am	Blackwater Park	18yrs+	7 th July to 18 th August (1 week break 4th Aug)
Active Women – Outdoor circuits	Exercise based activity for women, a mixture of circuits & different exercises along with some light walking & jogging	6.45-7.45pm	Blackwater Park, Navan	18yrs+	7 th July to 18 th August (1 week break 4th Aug)
THURSDAY					
Community Tag Rugby	Come & try Tag Rugby sessions.	4.30-5.30pm 5.45 – 6.45pm	St Stephen's NS	9-12yrs 12-17yrs	8 th July – 19 th August (1 week break 5th Aug)
Athletics/ Fun Games	Back to basic with these fun games that encourage a range of different movements.	6pm-7pm	Claremont Stadium (track or hall)	4-8yrs	8 th July – 19 th August (1 week break 5th Aug)
SATURDAY					
Soccer on the Greens	Fun based soccer drills, games and matches	10-11am	Clogherboy (green)	12-17yrs	10 th July – 21 st August (1 week break 7th Aug)
Soccer on the Greens	Fun based soccer drills, games and matches	11.30am-12.30pm	Scoil Naomh Eoin (outdoor)	12-17yrs	10 th July – 21 st August (1 week break 7th Aug)
Family Activities	Exercise based activity for parents including circuit type classes. While children participate in fun games & sports	11am -12pm	Blackwater Park	Parent & children	Parent and child activities— Saturday 10 th & 24 th July

Check out our Facebook page – [Community Sports Hub Navan](#) for updates! Spaces are LIMITED and will be on a first come basis! Participants must register in advance. Waiting lists will be in operation for all programmes.

Email Paul at cshfacilitatornavan@gmail.com to book.

Community Activity Programmes

Swimming 4 Men / Swimming 4 Women

Can you currently swim 1 length of the pool? Would you like to be a better/stronger swimmer?

Meath LSP are starting 6 week swimming programmes for improvers in **Kells Swimming Pool** (start date dependent on restrictions). There will be separate programmes for men and women.

The cost is €20 for 6 weeks. Goggles and a swimming hat are also included in the fee. Qualified instructors will lead these improvers swimming programmes for both Men & Women.

If you can currently swim up to a length and want to improve your skills, strokes, breathing, technique and speed and build up to be able to swim half a mile this programme is for you. Swimmers will also have the option to take part in national swim for a mile events in early 2022.



For more information or to register your interest in this programme contact Una Pearson at 0469067337 or email upearson@meathcoco.ie

Meath Running Group

On your marks, get set, GO!.. Meath Running Group is off and running!

Ever thought of completing a 10km, half marathon or a full marathon, but don't know where to start, how to train for it or simply keep to a regime on your own? Meath Running Group can help you do just that!

Training sessions are tailored to individual abilities & levels – from beginner to seasoned running pro.

Block 2 Speed and Middle Distance training starts on Wednesday 26th May at 8pm on the track at Claremont Stadium, Navan for 5 weeks! This block will focus on preparation for 5 mile, 10km and 10 mile distances. Cost is €30 for 5 weeks.

To book please contact Ruairí on 046-9067337 or email rmurphy@meathcoco.ie



Community Activity Programmes



Adventure Walks App

The Adventure Walks app is a collection of 1 and 2km treasure hunts designed for all the family!

This app is **FREE** to download—however a **smart phone with internet connection is required to participate.**

This is an exciting programme to encourage families to get out and exercise together.

There are 8 treasure hunts mapped in the following locations:

- Blackwater Park, Navan
- Porchfields, Trim (Yellow Steeple)
- Deerpark, Carlanstown

Most of the routes are both buggy and wheelchair inclusive. For more information on how to download and use the app, please see <http://www.meathsports.ie/adventure-walks-meath-smartphone-app/>



Orienteering New “MapRunF” Virtual Orienteering

Meath LSP in collaboration with Irish Orienteering have mapped out two orienteering locations with the latest MapRunF Orienteering Courses suitable for all the family.

MapRunF is available in:

- **Porch Fields – Trim**
- **Blackwater Park – Navan**

Both new Orienteering locations include the latest MapRunF virtual course making the activity accessible to anyone at anytime.

Each location includes a short, long and a

score map event. Participants are invited to download MapRunF app on to their smartphone and follow the guided instructions.



For more details click on link below: <http://www.meathsports.ie/communities/orienteering/>



Community Activity Programmes

Come Fly a Kite with Meath LSP!

Experience the great outdoors as a family! Kite flying is a great activity to enjoy together and is suitable for all! Sign up to "Come Fly a Kite with Meath LSP" for just €10!

Included in cost:

- Online workshop
- Hints/tips on how to fly a kite
- Build your own kite pack (includes everything you need to build a kite(s))

You and your family will be guided through a live online workshop on how to build your own kite using your pack provided. You will be encouraged to design your own kite, build the kites and do a test flight outside your family home!



Meath LSP will hold kite flying events in various areas of Meath:

- Blackwater Park, Navan
- Hill of Lloyd, Kells
- Porchfields, Trim
- Laytown Beach

To register your family's interest please contact Una at upearson@meathcoco.ie. Places are limited!

Walking Football for Adults 40+ (Individual Taster Sessions)

This taster session is designed to encourage men and women over 40 of all fitness levels to keep active and enjoy playing football.

The game is played on a smaller pitch at walking pace. The session will involve a warm up consisting of different movements and stretches followed by approximately 40 minutes of game time.

Walking Football is a great way for people to get back into sport and get involved in physical activity. Come down and give it a go!

Date: Wednesday 2nd June

Venue: MDL, Navan

Time: 8-9pm



To book please email Luke at luke.condie@meathcoco.ie or call 046-9067337.

Community Activity Programmes

Canoeing for Men

Meath LSP in association with **Ribbontail Paddlers Canoe Club** are hosting a **FREE Come n Try canoeing sessions for men 35+** on at the Boyne Aquaduct at Longwood on the following dates:

Session	Date	Time
1	Saturday June 19 th	11am – 12:30pm
2	Saturday June 26 th	11am – 12:30pm



The Boyne Aquaduct provides for calm waters which is ideal for beginners and those who have yet to find their paddling comfort zone.

Places will be limited and booking is essential. To book a place please contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

Men on the Move – the Best Move You Will Ever Make!

Men Only activity sessions!!

- * Are you Male aged 30+?
- * Would like to shed a few pounds & feel fitter?
- * Want to improve your overall health and wellbeing? Well here's your opportunity!



Our next Men on the Move programme commences in Navan on **Thursday 3rd June at 8pm-9pm in Claremont Stadium**. Registration is now open! Why not give it a try? Bring a friend!

Men on the Move is a 6 week beginners physical activity programme aimed at adult men. It encourages men to be more active, have fun and improve their fitness levels. No fitness level required... just a willingness to try!

To book please email Luke at luke.condie@meathcoco.ie or call 046-9067337.



Women in Sport



Paddlesports for Mums & their Girls

June 13th, 20th & 27th

Meath LSP and Ribbontail Paddlers Canoe Club are collaborating on a new initiative **"Paddlesports for Mums and Girls"** programme. We are inviting Mums/Guardians and their daughters to buddy up for a 3-week initiative to develop and experience a range of paddlesports. If you have a daughter age 13-16yrs, are ready to learn a new sport and experience a new way to exercise, then this is the programme for you. No equipment necessary as all will be supplied for the programme.

To be eligible, participants must be:

- 1 Mum/Guardian, Daughter age 13-16yrs
- Be able to swim & be competent treading water
- Commit to completing the programme
- Be enthusiastic and be open to trying new activities

Programme includes:

- Fun games/activities on the water
- Guided lesson over three days (3 hours each day)
- River Run on the third day



Day 1	Sunday June 13th	10am – 1pm	Ribbontail Paddlers Canoe Club, Longwood
Day 2	Sunday June 20th	10am – 1pm	Ribbontail Paddlers Canoe Club, Longwood
Day 3	Sunday June 27th	10am – 1pm	Ribbontail Paddlers Canoe Club, Longwood

Cost is €20 per pair. If you are interested in taking part contact Lisa at lodowd@meathcoco.ie.

Social Basketball for Women—Coming in June/July



Meath LSP and Basketball Ireland are collaborating to introduce a new basketball initiative for women with the main emphasis on participation, fun and fitness.

In a fun and social setting, women will have the opportunity to learn the key basketball skills and play in a supportive environment without the pressure of competition. The 6-week programme is aimed towards complete beginners and those with previous experience. It is inclusive of all ages and fitness levels and will be delivered by qualified coaches.

- Navan
- Athboy
- Skryne

If you are interested in becoming involved and would like to take part in this new initiative, please contact Lisa at lodowd@meathcoco.ie. Cost is €20 for 6 weeks.



Women in Sport



Ladies Social Tag Rugby

Starting 26th July

Meath LSP and Navan RFC are collaborating to bring you a Ladies Social Tag programme. Suitable for women of all ages and fitness levels.

This programme is ideal for complete beginners and those with previous rugby experience. This is a great way to increase fitness levels and learn a new skill without the rough and tumble of regular rugby.



If you have always wanted to give Tag Rugby a go, come and join us for this 8 week programme! To book please email Lisa at lodowd@meathcoco.ie

Come and Try Rounders!

Meath LSP and GAA Rounders are collaborating to pilot 3 new Rounders programmes in Meath for six weeks. Rounders is part of the GAA family and is inclusive for adults of all ages and fitness levels.



Teams can be made up of male, female, or mixed and blended teams and participants of all ages and abilities can be part of the same team. It is very much seen as a community initiative and is:

- Suitable for all ages/genders/fitness levels
- No previous experience necessary
- Based on participation rather than competition
- Great social aspect to the game
- Non-contact game
- Easy to maintain social distancing



Come and Try Rounders for adults will take place in **Skryne, Trim and Dunderry**. For more information or to register contact Lisa at lodowd@meathcoco.ie.

Training & Education

Club Junior Leader Award

Meath LSP would like to introduce a new programme specifically developed for young club player/athletes to become more actively involved within their own team, club or organisation.



Junior Leader Award is a comprehensive training initiative for young player/athletes to empower them with the confidence and self-esteem to become more active within their team and club setting. This is a practical workshop that is interactive and fun and equips young player/athletes with the knowledge and skills to become leaders. Topics include communication, teamwork, problem solving and programme planning. This programme provides young learners with the confidence to plan, develop and lead physical activities to teams and groups. This all-inclusive programme incorporates:

- Sports Leadership Award
- Sports First Aid
- CARA Ireland - Disability Awareness training

On completion each participant receives a certificate for each module and also a Sports Leader Manual. The Junior Leader programme can be used to build relationships among teams and also create a path-



way for young players and athletes to become more involved in club development and management, taking on roles such as junior/assistant club coaches, officials and junior administration committee members.

The Junior Leader Award is a certified course providing the ideal starting point for learners aged 16+ years who wish to develop their leadership skills, whilst under the direct supervision of a tutor. The syllabus is designed to develop confidence and leadership skills that can be applied to a variety of sports and recreational situations as well as contributing to the personal development of the learner. It has a multi-sport approach where learners are introduced to a wide variety of generic and sport specific games and activities.

The course is delivered over 22 hours and can be over 4 consecutive days or spread over a number of weeks. All participants receive Leadership in Sports manual. If you are interested in developing a youth club pathway for young athletes/players please contact Lisa O'Dowd at lodowd@meathcoco.ie or (046) 9067337.

Training & Education

Coaching Children Online Workshops

- Improve coaching
- Motivate coaches
- Understand how children learn
- Keep safe & fun environments for children
- Keep children in sport
- Understand physical literacy



This online Coaching Children course with Meath LSP and Sport Ireland Coaching Children helps to achieve all of this. The course is for coaches of any sport.

Coaches will complete online theory work in their own time, coaching children workshops via zoom (x2 evenings a week) and a practical session at the end of the programme. All of this is done in through a flexible timetable which will be fully guided and assisted by Meath LSP.

The next workshop will be held later in the Summer.

Get in touch now to book your place and avoid disappointment.

For more information about the course or to register your interest in future courses contact Una Pearson at 0469067337 or email upearson@meathcoco.ie

"It was a great course, even though I am not new to coaching, there is a fresh perspective to this course which is really good and I like that. I think this course would suit everyone".

"My coaching style has changed to reflect a player-centered approach, it's the reminder to keep coming back to this and keep asking myself – how is this benefiting the child".



Older People

Keep Well

Meath LSP in association with Meath County Council, Age Friendly Meath and Sport Ireland have produced an exercise DVD for older people and people with a disability!

The resource includes 4 dance and 4 seated Pilates classes which can all be completed from your home. The resource is also available on USB so it can be used on a laptop, tablet or Smart TV! Taking part in these classes will help improve flexibility, agility, strength and balance, while reducing the risk of injuries!

To avail of a copy contact Luke on 046-9067337 or luke.condie@meathcoco.ie



Walk n Tone - Gentle exercises for over 55's

Meath LSP are starting back our 6 week Walk n' Tone programme for adults 55+ starting from the 24th May in Navan, Kells, Nobber, Trim & Stamullen. Under supervision, participants will get the opportunity to try 30 minutes of outdoor gentle exercises incorporated with walking. This will help you improve your strength, balance and cardiovascular system.



All programmes are delivered whilst adhering to current HSE guidelines. Don't miss out on a space as numbers are limited. To register or more information contact Luke at luke.condie@meathcoco.ie or call 046-9067337.

Area	Start Date	Time	Meeting Point
Kells	24/05/2021	10am	Kells Fairgreen
Nobber	24/05/2021	11.15am	O'Carolan College
Trim	24/05/2021	11am	Porchfields
Navan	26/05/2021	11am	Claremont Stadium
Stamullen	27/05/2021	11am	St. Patrick's Gaa



Older People

Mature Movers - Outdoors

The 6 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. Cost: €30 for 6 weeks.

If you would like to participate in the Mature Movers Activity Programme in your area please contact Luke Condie on 046-9067337.



Area	Start Date	Time	Venue
Navan	Tuesday 25 th May	10am	Claremont Stadium
Trim	Tuesday 25 th May	11.30am	Trim GAA
Piltown	Thursday 27 th May	11am	St. Colmcille's GAA

Dance for Life 50+

Meath LSP is delighted to announce that Dance for life 50+ is back! This is a 6 week programme for all adults 50+.

This will include in various types of line dances such as slow waltz, cajun skip and many more!



This programme is ideally suited for older adults as it provides social interaction whilst improving many health benefits. It will help improve balance, agility, strength and flexibility. Cost is €30 for 6 week programme. If you would like to take part, please contact Luke @ luke.condie@meathcoco.ie or on 046 9067337. Spaces are limited so make sure you don't miss out!

Area	Date	Time	Venue
Navan	Monday 31 st May	10.30am	Blackwater park
Trim	Monday 31 st May	12.30pm	Trim Gaa
Carlanstown	Wednesday 2nd June	11am	Deerpark

Sports Ability Programme

Run Jump Throw

Run Jump Throw is a 6 week multi activity programme suitable for children with Autism or an Intellectual Disability aged 6-12 years.

The sessions will include a variety of sports. Fun Games and obstacle challenges all adapted to the participants needs. The programme aims to improve the participants' fundamental movement skills and increase their confidence in participating in regular physical activity.

Family involvement is key to the programmes success and siblings are encouraged to take part! Parents are also asked to remain at the venue for the duration of the session.



To book a place, please contact Terry at tdonegan@meathcoco.ie or call 046-9067337.

Area	Date	Time	Location	Age	Cost
Navan	Mondays June 7 th – July 12 th	4:30pm-5:30pm	Meath & District League Grounds, Navan	5-12 years old	€10 per Family
Kells	Tuesdays June 8 th – July 13 th	4:45pm-5:45pm	Eureka House, Kells	5-12 years old	€10 per Family
East Meath	Wednesdays June 23 rd – July 28 th	4:30pm-5:30pm	St Colmcille's GAA, Piltown, Bettystown	5-12 years old	€10 per Family
Ashbourne	Thursdays June 24 th – July 29 th	4:30pm-5:30pm	Ashbourne Educate Together	5-12 years old	€10 per Family

Wheelchair Sports Camp

Meath LSP in conjunction with the Royal Rockets Multi-Sport Junior Wheelchair club will hold a 3 day wheelchair sports camp for current club members and those looking to get involved.

The camp is suitable for children with a physical disability aged 6-16 years. The activities involved will include Wheelchair Basketball, Tennis & Fun Games.

The camp will be held **outdoors in Scoil Naomh Eoin Navan on 6th –8th July** and will follow the most up to date Covid-19 guidelines. For more information please contact Terry on 0469067337 or email tdonegan@meathcoco.ie



Sports Ability Programme

Inclusive Summer Camp

Inclusive Multi- Sport Summer Camp suitable for children with Autism or an Intellectual Disability aged 6-12 years old.

The camp will take place outdoors over three days and will see a variety of sports and activities take place including:

- Cricket
- Soccer
- Dance
- Hockey
- Basketball



We encourage participants' siblings to join in the activities also. All parents will be asked to remain for the duration of each day. All Covid-19 protocols will be in place and places are limited.

Date: Tuesday 20th July – Thursday 22nd July

Time: 10am-1pm

Venue: Meath & District League Grounds Navan

Cost: €10 per family

To book a place, please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie

Football for All—Balrath FC

The FAI Football For All programme established a network of Football For All Clubs across Ireland. These clubs provide opportunities for children with specific needs who may struggle to excel in the competitive environment of underage football or who need additional supports to develop as footballers.

Meath has already one such Football For All club established, East Meath United FFA have grown from strength to strength since it started back in 2018. The group will resume meeting over the summer months.

Balrath FC with the support of Meath Local Sports Partnership and the FAI Meath development officer are at the starting point of forming a Football For All group. The club will host taster sessions every Friday from 6pm -7pm in Kentstown Community Park Facility.

For more information please contact Sports Inclusion Disability Officer Terry Donegan at tdonegan@meathcoco.ie

Starts Friday May 14th 2021

Balrath FOOTBALL CLUB

VALUES:
 *RESPECT
 *INTEGRITY
 *PASSION
 *TEAMWORK
 *EXCELLENCE

FAI FOOTBALL FOR ALL CLUB PROGRAMME

KENTSTOWN COMMUNITY PARK FACILITY, FRIDAYS - 6PM TO 7PM

CALL KEITH ON 0876875720 FOR MORE INFO

VISION STATEMENT - To enable every person in Ireland to participate in our game, to allow all involved in the game to reach their full potential, whatever level that might be, and to inspire the nation through international success at the highest level.

facebook.com/balrathfc / insta:@balrathfc

Sports Ability Programme

Inclusive Canoeing

Meath LSP in partnership with Ribbontail Paddlers Canoe club will host a series of taster events for children with a disability aged 6-18 years. The sessions will be led by coaches from the club which is based in Longwood and will give participants the opportunity to experience the feeling of being on the water.

The participants can partake in individual canoes or can be accompanied on the water in a double canoe. Parents will be asked to stay for the duration of the session and along with siblings are encouraged to take part in the activities. Families will only be permitted to attend one session unless spaces become available. Places are limited—COVID-19 protocols will be adhered to.



To book a place, please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie

Session	Date	Time	Venue
1	Wednesday June 30 th	6pm-7.30pm	Ribbontail Paddlers Canoe Club Longwood
2	Wednesday July 7 th	5.30pm-7pm	Ribbontail Paddlers Canoe Club Longwood
3	Wednesday July 14 th	6pm -7.30pm	Ribbontail Paddlers Canoe Club Longwood

Leinster Rugby Inclusion Camps - Navan RFC

Leinster Rugby Inclusion Camps comes to Navan Rugby Club! The camp which is open to all children with all disabilities aged between 8 -12yrs, provides them with a fun-filled three days of rugby during the summer holidays.



The camps are focused on adapting rugby to meet the needs of camp-goers to maximise enjoyment and learning to play.

Taking place on July 27th to 29th in Navan RFC.

To find out more and to book a place, please visit the Leinster Rugby website here: <https://bit.ly/3nN1gXC>
 If you have any further questions, please contact Leinster Rugby's Spirit Officer, Stephen Gore, at stephen.gore@leinsterrugby.ie



Sports Ability Programme

Meath Sports Ability

‘Creating participation opportunities for ALL in sport and physical activity’

To keep up to date with the latest programmes and activities taking place across the county—

Follow our Facebook page [**Meath Sports Ability**](#).

Below is a list of activities taking place across the county over the coming months to help engage people with a disability in sport and physical activity!

Activity	Day	Time	Location	Age	Contact
Run Jump Throw	Mon– Thurs	See page 18	Various (see pg 18)	5-12 years	Terry Donegan – 0469067337 tdonegan@meathcoco.ie
Royal Rockets Wheelchair Sports Camp	Tuesday 6th July –Thurs 8th July	11am – 1pm	Scoil Naomh Eoin	6-16 years	Terry Donegan – 0469067337 tdonegan@meathcoco.ie
Inclusive Canoeing	Wednesdays	See page 20	Ribbontail Paddlers Canoe Club, Longwood	6-18years	Terry Donegan – 0469067337 tdonegan@meathcoco.ie
Inclusive Summer Camp	Tuesday 20th July-Thurs 22nd July	10am-1pm	MDL Grounds Navan	6-12years	Terry Donegan – 0469067337 tdonegan@meathcoco.ie
GAA For All	Saturdays	10am-11am	St. Colmcille’s GAA Club Laytown	4-12 years	Ken McHutcheon 0876349162
Football 4 All – East Meath United	Saturdays	3pm-4pm	East Meath United	4-12 years	Lara Synnot 0857168634
Inclusive Rugby	Sundays	10am-11am	Navan Rugby Club	4-16 years	Gerry Sweeney 0867865007 or Evan Dixon navanccro@leinsterrugby.ie
Football 4 All – Balrath FC	Fridays	6pm-7pm	Kentstown Community Park Facility	4-18 years	Brian Matthews 0876875720

If you would like more information on the Sports Ability programme, please contact Terry Donegan on 046-9067337 or email tdonegan@meathcoco.ie



Dates for your diary

HER Outdoors week (Aug 9th-15th)

Meath LSP with support from Sport Ireland and National Governing Bodies of Sport will host a variety of outdoor activities over this week. Activities provided will allow girls and women of all ages to Come 'n Try various outdoor sports.



Activities will range from Sea Swimming, Kayaking, Stand Up Paddle boarding, Sand-Yachting, Kite Flying, Equestrian activities, Orienteering, Beach Volleyball, Beach Cricket and a host of other great sports.

You don't need to have any previous experience in any of the activities to participate....just a sense of fun and a willingness to get involved! P.s ...men can come along too!

Funding Supports for Clubs in Meath

Meath LSP in conjunction with 2into3 Consultancy group is delivering a webinar on **Mon 28th June** which will provide information to clubs on grants which are available both on a national and local level.



Content of the webinar will include:

- What does each grant cover?
- Who can apply?
- When and where are grants usually advertised?
- How are they adjudicated – maximise your scoring and success?

This webinar is suited to clubs who wish to avail of grants which will support any/all of the following:

- Capital development (facilities, grounds etc)
- Equipment
- Repair, maintenance and enhancement of current infrastructure
- Education and training of volunteers

Keep an eye on our website for booking information. Places are limited. For more information contact Una at upearson@meathcoco.ie or call 0469067337



Dates for your diary



Bike Week 2021: Date 13th-19th September

BIKEWEEK

Bike Week is a celebration and promotion of all that's great about bikes and cycling. Meath Local Sports Partnership in association with the Department of Transport is supporting a number of activities for Bike Week 2021.

Bike Week 2021 is a cross-community effort to highlight cycling as a fun, cost effective and inclusive activity. Meath LSP will make funding available to clubs, schools and community groups to support their activities during this. Keep an eye on our webpage and social media for further details of Bike Week funding and activities near you.



For more information please contact Una at upearson@meathcoco.ie or call 046-9067337

European Week of Sport

The European Week of Sport is for everyone, regardless of age, background or fitness level. With a focus on grassroots initiatives, the aim is to inspire Europeans to

#BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more.



Being Active doesn't mean having to be part of a sports club, a gym, running marathons or cycling across Europe. Being Active can be running around playing with your children, grabbing a walk with work colleagues on your lunch break, going outside and exploring the great outdoors - whatever gets you moving to lead a healthier and more active lifestyle.

Meath LSP will again work with NGB's, clubs and community groups to deliver a suite of programmes during this week which will provide you with lots of opportunities to be more active.



Sport Ireland launches their Participation Plan 2021-2024

The Participation Plan outlines how Sport Ireland will continue to help people get active by removing barriers to participation in sport and physical activity in the coming years. The Sport Ireland Participation Plan actions will be delivered through Local Sports Partnerships, National Governing Bodies, strategic partners, clubs, communities and individuals.

See <https://www.meathsports.ie/sport-ireland-launch-participation-plan/>

