

In this Issue

- Meath Heritage Cycle Tour

Community Activity

- Community Walking
- Gaelic for Men 40+
- National Play Day
- Community Sports Hub
- Meath Running Group
- Healthy Ireland LCDC Funding
- Coach Training Programme
- Deerpark Parkrun

Clubs

- Safeguarding 1 Basic Awareness Workshop
- Safeguarding 2 CCO Workshop
- Safeguarding 3 DLP Workshop
- Club Coaching Events
- Sports Capital Grant

Older People

- Mature Movers National Record
- Mature Movers
- Games for Life
- Social Dancing

Schools Section

- Be Active ASAP
- The Daily Mile
- Play Rugby
- Youth Sports Leadership
- Cycle Safety

Sports Ability Section

- Julianstown Autism Camp
- Wheelchair Sports Camp
- Learn 2 Cycle
- Calendar of events

Cycle Tour Photos

Calendar of Courses/Events

10 years of cycling in Meath!

The Sport Ireland Meath Heritage Cycle tour returned for its 10th year over the weekend of the 28th & 29th July. The ever popular event continues to attract big cycling numbers not only to Trim over the weekend to the entire county. In the 10 years that the tour has been running, over 30,000 cyclists from the very young to the very old, from the elite cyclist to the beginner have all participated in the cycle tour.



With over 2500 cyclists participating between the 11k family spin, the 50km Tara Loop and the 100km Royal Challenge – the Meath Heritage Cycle tour remains one the most enjoyable sportifs for all participants irrespective of age or cycling ability.

The success of the 10 years would not be possible were it not for the continued support of the 300 volunteers who once again turned out in force to take registrations, man junctions, serve tea, provide directions, collect cyclists out along the routes, provide medical and mechanical support and most importantly extend a welcome and a word of encouragement to all those cycling over the weekend. The committee of the Meath Heritage Cycle tour extends a massive thank you all those volunteers who gave of their time freely.

In addition to the voluntary support, a number of community and sporting facilities opened up their doors to provide refreshment stops and comfort breaks to all the participating cyclists. From Mary & Jack Quinn in Jack Quinn's public house (11k food stop), to Senchalstown GAA club, Wilkinstown community centre, Kiltale GAA club to Michael Maguire and staff on the Hill of Tara – all played their part in extending the unique Meath welcome to the cyclists. In lieu of their efforts, a small donation is made either to the participating centre or a charity of their choice by Meath Heritage Cycle tour.



View our website

<http://www.meathsports.ie>



Meath Heritage Cycle Tour 2018—A Massive Thanks!



As with all large events, success would not be possible without the continued support of the Gardai, in particular Sgt Tom Mahon of Trim Garda Station and Sgt Pat Dowd of the Road Traffic Division and their respective teams. Medical support is provided by Meath Civil Defence with a number of ambulances, stationary medical stations, emergency medical technicians, paramedics and first responders all located out along the routes with the Control Centre based at the event HQ in Trim.

Special thanks to the mechanics who delivered much needed repair to bikes - Gary Sheehan – Bike Fit, George Allen of Feel Good Cycles in Virginia, Michael Kennedy & Dave Webster of Spun Cycle in Trim and Thomas McElroy, Navan cycle Centre.

The motor bike marshals, support crew (lead, broom and pick-up), members of Trim Cycling Club, Physios (David Murphy, Frank Foley & Aodhan McEntee), Trim Tidy towns, Aura Leisure centre, Meath County Council, Trim Municipal District, Trim Castle Hotel and the OPW all played a part in ensuring that the Meath Heritage Cycle tour ran smoothly.



The Meath Heritage Cycle tour is an established and well regarded, recognised event in the national cycling calendar.

Mary Murphy (Event Coordinator) attributed the popularity of the tour to the countless hours of preparatory work undertaken by a dedicated team of people all intent on providing professional and expert service to all who participate in the Meath Heritage Cycle Tour. Further thanks were paid to sponsors Sport Ireland and Dunnes Stores; and to LMFM, Meath Chronicle, Trim Tourism Network and Meath Daily for their extensive promotion and coverage of the cycle tour. Special mention to our ambassador Meath Rose, Saoirse McGrath who also took part in the 50k distance.



The nominated charity for the event was Enable Ireland (Meath branch) who provides early services for children with disability in Meath. Sophie Deegan (fundraising officer with Enable Ireland), expressed her delight with the amount of funds raised over the weekend and ensured that all monies would be put towards enhancing programmes for children with disability in Meath.

Finally, particular thanks to the remarkable and entertaining MC – the legend that is Eamonn Duffy. To the sounds of U2's "Where the streets have no name" his is the memorable voice that counts down the start, welcomes the different cycling clubs and cyclists and sends all off on their journeys and is the voice that sets the scene for epic encounters at the finish line.

See photos on pages 26-27.





Community Activity Programmes

Community Walking

With kids back to school it's the perfect time to get out walking again!

FREE 6 week walking programmes will commence in **September**. Don't worry if you miss a week, come along the following week. Why not join in on one of the programmes listed below:



Area	Start Date	Meeting point	Walk Leader	Contact number
Ashbourne	<ul style="list-style-type: none"> Monday 3rd and Thursday 6th @7pm Saturday 8th @10am 	Ashbourne Garda Station	Theresa	087-2376175
Blackwater Park, Navan (*Buggy Buddies)	<ul style="list-style-type: none"> Tuesday 18th @9.30am 	Blackwater Park-Car park	Gemma	083-8879393
Castletown	<ul style="list-style-type: none"> Saturday 8th @10am 	Castletown Pitch and Putt	Nichola	086-8617289
Donore	<ul style="list-style-type: none"> Monday 3rd @7.30pm 	Donore Parish Hall	Malena	087-6890892
Johnstown, Navan	<ul style="list-style-type: none"> Wednesday 26th @10am 	Main Shopping Centre Entrance, Johnstown	Joe	086-8600961
Kells	<ul style="list-style-type: none"> Wednesday 5th @7.30pm 	Gaelic Centre (Town)	Ann	087-9781474
Fordstown	<ul style="list-style-type: none"> Wednesday 5th @7pm 	Girley Hall, Fordstown	Lucy	086-8957673

Irish Heart Foundation Walking Leader Training

Community Walking Leader Training is taking place on Saturday 17th November 2018.



If you are interested in leading weekly walks in your area and would like to attend this training please contact Lucy Dillon on 046-9067337 or email lucy.dillon@meathcoco.ie

Community Activity Programmes



Gaelic for Men Over 40's



Non Contact | Adapted Rules | Fun | Suitable for all fitness levels



If your club is interested in starting up an
over 40's group contact Ruairí on
046-9067337 or email
rmurphy@meathcoco.ie



Poster by Ruairí Murphy
Graphic Design
Inspired by the Meath Gaelic Football Club



The National Play Day activity took place in Blackwater Park, in Navan. This 66 acre park is located on the North side of the town adjacent to areas of high disadvantage.

Adhering to the theme of **'Celebrating 25 years of a child's right to play'** was achieved through the selection of sporting activities and games that were best suited to reflect the theme of the day.

Activities delivered on the day included uni-hoc; run/throw/jump fun games and treasure hunts. All activities were inclusive of a wide range of ages and abilities and both allowed for and encouraged a whole family approach. The focus of the day was non competitive, fun and play.

Feedback from all participants was hugely positive with demands for repeat activities to the fore.





Community Activity Programmes



Community Sports Hub Navan

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



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 2018-2019

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 have been identified in Navan for phase programme roll out—

- Blackwater Park
- Johnstown
- Claremont Stadium

Check out our Facebook page – [Community Sports Hub Navan](#) for latest updates on new and exciting 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 Margo Finnegan on 046 -9067337 or email margo.finnegan@meathcoco.ie





Community Activity Programmes

Community Sports Hub Navan - What's On!

All programmes are FREE!

Programme	About	Time	Venue	Age	Date
TUESDAY					
Buggy Buddies	Walking group open to parents / carers of babies and toddlers in buggies, prams or carriers!	9.30am-10.30am	Blackwater Park, Navan	Over 18yrs	6 weeks starting 18th Sep
Cheer Dance	This class will focus on the basic fundamentals of cheer-leading, such as motion technique, dance, jumps, stunt technique and basic tumbling.	4pm-4.45pm	Scoil Naomh Eoin, Navan	6-8yrs	6 weeks starting 18th Sep
Cheer Dance	This class will focus on the basic fundamentals of cheer-leading, such as motion technique, dance, jumps, stunt technique and basic tumbling.	4.45pm-5.30pm	Scoil Naomh Eoin, Navan	9-14yrs	6 weeks starting 18th Sep
Run, Jump, Throw <i>*pre-registration required please contact Margo Finnegan 046-9067337</i>	This inclusive programme is aimed at children with disabilities and their siblings. Come along to join the fun and improve your fundamental movement skills.	5.30pm-6.30pm	Scoil Naomh Eoin, Navan	All Welcome	6 weeks starting 18th Sep
Athletics	Come and try Athletics sessions with qualified coaches.	6.30pm-7.30pm	Scoil Naomh Eoin, Navan	6-11yrs	6 weeks starting 18th Sep
Uni Hoc	Get a taste of this fun and fast version of indoor floor hockey.	7.30-8.30pm	Scoil Naomh Eoin, Navan	12-17yrs	6 weeks starting 18th Sep
Run4Fitness	An intermediate programme for runners looking to improve their fitness through mobility / flexibility and strength work.	8pm-9pm	Blackwater Park, Navan	Over 18yrs	8 weeks starting 4th Sep
WEDNESDAY					
Community Walking	Come along and make new friends on this weekly walk in your local area.	10am-11am	Main Shopping Centre Entrance, Supervalu, Johnstown	All ages and abilities are welcome.	6 weeks starting 26th Sep
Boxing	Come and try beginners boxing sessions with qualified coaches.	6pm-7pm	Johnstown ABC, Athlumney Centre, Johnstown	11-17yrs	6 weeks starting 19th Sep



Community Activity Programmes

Community Sports Hub Navan - What's On!

All programmes are FREE!

Programme	About	Time	Venue	Age	Date
THURSDAY					
Cheer Dance	This class will focus on the basic fundamentals of cheer-leading, such as motion technique, dance, jumps, stunt technique and basic tumbling.	5.30pm-6.30pm	St. Stephen's NS, Johnstown	9-12yrs	6 weeks starting 20th Sep
Couch to 5km	A beginner's programme for anyone starting to exercise for the first time or just getting back into exercise after a long break.	6pm-7pm	Main Shopping Centre Entrance, Supervalu, Johnstown	Over 18yrs	6 weeks starting 20th Sep
Athletics	Come and try Athletics sessions with qualified coaches.	6.30pm-7.30pm	St. Stephen's NS, Johnstown	6-8yrs	6 weeks starting 20th Sep
Futsal4Fun	The preferred version of five-a-side football. The emphasis is on more fun and allows for creativity.	7.30pm-8.30pm	St. Stephen's NS, Johnstown	9-12yrs	6 weeks starting 20th Sep
FRIDAY					
Cheer Dance	This class will focus on the basic fundamentals of cheer-leading, such as motion technique, dance, jumps, stunt technique and basic tumbling.	4pm-5pm	Claremont Stadium	12-16yrs	6 weeks starting 21st Sep
Futsal4Fun	The preferred version of five-a-side football. The emphasis is on more fun and allows for creativity.	5pm-6pm	Claremont Stadium	9-12yrs	6 weeks starting 21st Sep



Spaces are LIMITED and will be on a first come basis!

Registration forms need to be completed and signed by an parent/guardian for all participants under 18yrs.

Participants under 18yrs will only be able to participate in a programme with a completed registration form.



Waiting lists will be in operation for all programmes. For further information on Community Sports Hub Navan, please contact Margo Finnegan on 046-9067337 or email margo.finnegan@meathcoco.ie

Community Activity Programmes

Community Sports Hub Navan



This summer was action packed with summer camps for local children across Navan as part of the Community Sports Hub Navan. In total, 5 summer camps were delivered.



The camps took place in Scoil Naomh Eoin, Scoil Mhuire, St. Oliver Plunkett's, St. Joseph's and Beaufort College in partnership with Navan Schools Competition Programme.

The sports and activities delivered throughout the camps included Cheer Dance, Soccer, Rounders, Uni Hoc and Athletics. Over 100 children took part in the camps and with feedback from all being hugely positive.



Contact Us

For latest updates on new and exciting opportunities to get involved in sport and physical activity in Navan, check out our Facebook page – [Community Sports Hub Navan](#)

If you would like more information on Community Sports Hub Navan please contact Margo Finnegan on 046-9067337 or email margo.finnegan@meathcoco.ie

Community Activity Programmes

Meath Running for 10 years!

Over the last 10 years, Meath Running Group has assisted hundreds of runners and joggers reach their target of either completing a 10km, 10 mile, half or full marathon distances. Meath Running Group is led by expert coaches who support, encourage and provide advice to all, ensuring everyone achieves their goals.

A big thank you to all the members and coaches that have taken part in the group over the last 10 years. Also a special mention to our coaches - the great Paddy Mangan and our current coach Cailín McDonagh. Meath Running Group is currently in block 3 and our members are training hard to achieve their targets for 2018!



The group will be back in 2019—why not make 2019 your year and cross that 10 mile / marathon off your list?

"We are very lucky to have these facilities on our doorstep and we are even luckier to have the calibre of coaches available to us. To say I enjoyed these sessions is an understatement."

"Met like-minded people who have become my friends as we supported each other on the road to the marathon!"



Photo on left: Coaches Paddy Mangan (far left and Cailín McDonagh (far right) with some of the Marathon group 2017!



Community Activity Programmes



Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025 is the national framework for action to improve the health and wellbeing of Ireland over the coming generation. Pobal administer this fund on behalf of the Department of Health.



In 2016, the Government approved the creation of a Healthy Ireland Fund with an initial allocation of €5 million approved in Budget 2017 to establish and support the implementation of Healthy Ireland programmes and projects in a variety of settings.

The primary aim of the fund is to support innovative, cross-sectoral, evidence-based projects and initiatives that support the implementation of key national policies in areas such as obesity, smoking, alcohol, physical activity and sexual health.

The Department of Health has identified the following organisations as applicants:

- Local Community Development Committees (LCDCs)
- Children and Young People's Services Committees (CYPSCs)

Over the past few months, Meath Local Sports Partnership in association with both the LCDC and CYPSC groups in Meath acted as the key agency in delivering actions promoting local priorities for health & wellbeing and physical activity under Healthy Ireland Fund Strand 1 Round 1.

HI – CYPSC summary strand 1:

Meath LSP delivered 6 programmes under the CYPSC fund, which included:

1. **Blazing Saddles** – promoted to 60 students from a number of secondary schools across Meath. Aim of the programme is to educate the participants in the Cycle Right programme & learn bike maintenance skills along with bike handling and road safety. Programme involved the purchase of bikes and cycling accessories for all participants.



Students from Boyne Community School participated in Blazing Saddles

2. **Learn2Swim** – 12 children with disabilities participated in this programme. All children along with their parents developed water confidence, improved fundamentals of swim technique and general water safety.

Community Activity Programmes



**Pictured above: What a catch!
Participants from Fishing4fun**

3. **Fishing4fun** – rolled out in association with Navan Anglers club. Over 30 children along with siblings and parents took part in this 4 week programme. Participants learned the art of Fly fishing, water safety and awareness of protecting the river environment. Programme also included capital spend on fishing rods & tackle.



Pictured above: Navan Futsal participants!

4. **Friday evening Futsal** – 6 week programme delivered in Laytown and Navan; over 30 youths representing different nationalities and ages took part in programme.

5. **Learn2Cycle** – delivered to the Athboy Community school Autism Unit. Aim of programme is to teach children with special needs how to cycle a bike. 6 week programme delivered in association with Cycle Safety School. 7 students from the school in Athboy all progressed to cycling independently.

6. **Box Smart** – 6 week programme delivered to participants of In-volve service in Trim. 15 youths engaged twice weekly in the Box Smart initiative. Aspects of the programme included learning correct sparring and boxing techniques, basic fitness and boxing discipline. Programme also included purchase of boxing gloves, head gear etc in addition to sparring bags.



**Noel & Joseph from Learn2Cycle in
Athboy**



The Healthy Ireland Fund Strand 2 round 2 commenced with a call for submissions in April 2018, with programmes set to run from Oct 2018 to 31 March 2019.



Community Activity Programmes



Move More Fitbit Challenge

Meath LSP in association with Meath County Council rolled out the 1st phase of the *Move More* Fitbit challenge 2018. Funding for this initiative was provided through the Healthy Ireland LCDC fund strand 1.

In total 80 participants completed the 12 week programme representing a cross section of the community from members of the local community to members of Comhairle Na nOg, to MCC employees to members of the Disability Services.

The programme was designed for participants not currently reaching the daily physical activity guidelines of reaching 10,000 steps per day. Most of those who participated had low physical activity rates; over 75% of participants were in regular employment.

The first phase of the *Move More* programme was a huge success with over 87% of the participants all meeting the National Physical Activity guidelines of 10,000 steps per day by programme end. Some other unanticipated outcomes included significant weight loss, improved dietary intake, better meal planning & a massive increase in energy levels which had huge benefits for all family members in terms of better interaction with children and more games based activities with the family. 2 testimonials from programme participants:

"I am so glad I took part. When I started, getting 5000 steps the first week was actually quite challenging for me but now it's a typical day without going for my daily walk. 8000 wasn't much of a stretch although when I know I'm working and will be restricted walking I put in a lot of extra effort in the days before to be sure I get the correct steps in over the week at least. I am also down over 10kg since the start of the programme and I am over the moon and well on the way to more."

"Just being aware of when I moved, at times I didn't realise I was so inactive, I thought I walked a lot at weekends, it wasn't always the case, It's really good to know when I needed to walk more".

The *Move More* programme appealed to all abilities and across the generations. Meath LSP are already looking forward to rolling out phase 2 of this initiative.



comhairle chontae na mí
meath county council



Community Activity Programmes

FREE Coach Training Programme

Are you interested in developing your skills in coaching sports & physical activity? If yes, this programme may be for you.....



Starts 5th November 2018

This **FREE** Coach Training Programme is open to all individuals over 18yrs of age. It would ideally suit those wishing to further develop themselves as coaches, mentors or leaders.

Programme content will include sports coaching, personal development and physical activity leadership training. All participants will be Garda Vetted.

Certificates will be awarded in the following areas:

FAI – Kickstart 1 & 2	Basketball Introductory
Athletics Leader	Coaching Children
Community Walk Leader	Safe Guarding 1 & 2
Disability Inclusion Training	Occupational First Aid (3 day)
QQI Level 3 Personal Development	Manual Handling

Programme Outline

- 10 week course - 2 days per week
- 6 hrs practical coaching experience

Register Now @ www.meathsports.ie
before 12pm on 3rd October 2018

Limited number of places, short listing will apply.

For more information please contact **Margo Finnegan** on **046-9067337**
or margo.finnegan@meathcoco.ie



Clubs

Safeguarding 1 Basic Awareness in Child Protection

2nd October, 15th October & 7th November | 6.30pm-9.30pm | Windtown Unity Centre



The workshop will highlight the main principles of the Code and look at measures that clubs can take to create and maintain the safest possible environment for sport for young people. As well as undertaking child protection training, all clubs are encouraged to adopt child protection policies and procedures as outlined in the Code of Ethics and Good Practice for Children's Sport.

This workshop is a must for anyone working with children. As many club members as wish can attend the Awareness Workshop. Participants attending Safeguarding 1 Basic Awareness workshop must be over 18 years of age.

The cost for this course is €20 per person for clubs in Meath, for clubs outside Meath the cost is €30 per person. To book please call Lynn on 046-9067337 to check availability of spaces.

Safeguarding 2 Club Children's Officer Workshop

8th November | 6.30pm -9.30pm | Windtown Unity Centre Navan

Recommendations from Sport Ireland are that every club involved with children and young people should appoint a Club Children's Officer. They are the link between the children and the adults in the club and also take responsibility for monitoring and reporting to the Club Management Committee.

It is essential that those who wish to attend the Safeguarding 2 Club Children's Officer (CCO) Training have attended the Safeguarding 1 Awareness/Child Protection Training workshop.

It is recommended to have at least one Club Children's Officer per club or if there is a large number of both boys and girls in the club, to have two Club Children's Officers – one male and one female.

The cost for this course is €20 per person for clubs in Meath, for participants outside Meath the cost is €30 per person. To book please call Lynn on 046-9067337 to check availability of spaces.

Safeguarding 3: Designated Liaison Person (DLP) Workshop

11th October & 20th November | 6.30pm-9.30pm | Windtown Unity Centre, Navan

Every club / organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI. It is recommended that this person is a senior club person.

A person appointed to the *Designated Liaison Person* position in a club must have completed the Basic Awareness Workshop in Child Welfare & Protection before attending this workshop. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.

The cost is €20pp for clubs in Meath and €30pp for clubs outside of Meath. Please call Lynn on 046-9067337 to check availability of spaces.



Clubs

Club Coaching Courses/Events

Course	Date	Time	Venue
Intro to Mini Coaching Rugby	Saturday 15th September	9.30am-5pm	Navan Rugby Club
Stage 1 Coaching (U9 to U12 Rugby)	Wednesday 19th September	7pm - 10pm	Navan Rugby Club
Volleyball Ireland—Level 1 Coaching	22nd-23rd September	9.30am-5pm	Colaiste de Hide, Tallaght
FAI - PDP 1 / Kickstart 1	Sunday 21st October	9:30am-5pm	MDL, Navan
FAI - 4V4 Workshop	Monday 29th October	6:30pm -9:30pm	MDL Grounds, Navan
FAI - PDP2 / Kickstart 2	17-18th November	9.30am-5pm	MDL, Navan

For more information and events please see: <http://www.meathsports.ie/events/category/club-coaching-corner-events/>

The European Week of Sport 2018

The 2018 European Week of Sport and Physical Activity will be celebrated across Ireland from 22nd-30th September 2018.

The European Week of Sport takes place between the 22-30 September and aims to promote sport and physical activity across Europe. The Week is for everyone, regardless of age, background or fitness level.



With a focus on grassroots initiatives, it will inspire Europeans to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more. As an annual event, the European Week of Sport will inspire all kinds of creative and exciting events and activities in different countries. For more information, please see <https://www.sportireland.ie/Participation/European-Week-Of-Sport/>

Deerpark Parkrun—coming soon to Carlanstown!

Parkrun is coming to Deerpark, Carlanstown. Parkrun is a worldwide initiative open to all ages and abilities. Participants are invited to walk, jog or run a distance of 5km on Saturday mornings at 9.30am. In Meath, we currently have two other parkrun's – in Blackwater park, Navan and in Oldbridge. The new parkrun in Carlanstown is an exciting new community initiative which will serve the wider North Meath area. The local committee are working hard to ensure that the inaugural parkrun takes place in early November (just in time to get you more active in the run up to Christmas!)



Regardless of what age you are or what your level of fitness is, this programme is for you. Whether you take part on your own, with family or with friends - it doesn't matter; just make sure you wear appropriate footwear. Parkrun is active in 20 other countries; in every country on Saturday morning's at 9.30am – it's a global initiative which the Deerpark is now proudly a member of. For more information about the inaugural event – keep an eye on the notice board in the park itself or local press/local bulletins or check out www.parkrun.ie.



Clubs

Sports Capital Programme 2018 – €40M for Improved Sports Facilities

The Minister for Transport, Tourism and Sport, Shane Ross T.D. and the Minister of State for Tourism and Sport, Brendan Griffin T.D., announced that €40 million is being made available under a new round of the Sports Capital Programme (SCP). The SCP is the Government's primary vehicle for providing support to sports clubs and communities to develop sports infrastructure around the country.

Applications can only be made online from 9am on Friday 7th September until 5pm on Friday 19th October, 2018.



All applicants must be registered on the Department's online system OSCAR and the Ministers encouraged any clubs which are not already registered to do so now. The guide to making an application was also published on the Department's website today on www.sportscapitalprogramme.ie. **Registrations on OSCAR will close at 5pm on Friday 5th October.**

Welcoming the opening of applications, Minister for Education and Skills Richard Bruton T.D. said, "I'm delighted that this year, following an agreement by both my own Department and the Department of Tourism, Transport and Sport, that all schools may now be able to avail of the Sports Capital Grant Scheme as long as they do so in conjunction with a sports club. This is a great opportunity and I encourage all interested schools to apply."

Clubs who wish to register on the Department's online system can do so now at www.sportscapitalprogramme.ie. Once registered, all applications must be made on the same website. The system will be open for applications from 9am on Friday 7th September to 5pm on Friday 19th October, 2018.

The programme funds:

- Natural grass sports pitches, tracks and courts (including pitch drainage)
- Floodlighting
- Artificial sports pitches, tracks, courts and multi-use games areas
- Security fencing, ball stop netting and goal posts
- Hurling walls / handball alleys
- Building or refurbishment of dressing rooms, showers and toilets
- Building or refurbishment of sports halls and gyms
- Non-personal equipment including lawn mowers and defibrillators.
- Any other capital projects that are clearly sporting in nature and that will increase participation in sport or improve performance

A guide to making an application and a link to YouTube video instructions is also available on the Department's website.

Older People

What we offer older people

Meath LSP provide the following physical activity programmes and adapted sporting games for older people in Meath:

- Mature Movers
- Games for Life
- Social Dancing
- Fitness Made Easy

New for this season is the National Record Event (see below).

If you would like to try out any of the programmes or games please contact Ruairí on 046-9067337 or email rmurphy@meathcoco.ie

National Record - largest chair based exercise class for older people in Ireland!

Meath LSP wish to set the record for the largest chair based exercise class in Ireland on **Wednesday 19th September** at **11.15am** in **Simonstown GAA Centre**.



We need your help!

It promises to be an event not to be missed. Aside from great entertainment, fun and music, our experienced tutors will deliver one hour long chair based activity class.

This is a **FREE** event; all are welcome to attend. Refreshments served afterwards (hopefully we will be celebrating our achievement!)

Meath Daily TV, LMFM and the Meath Chronicle will be present on the day to capture our record attempt! Looking forward to seeing you there!

To book a place please call Ruairí on 046-9067337.



Become a record breaker!



Our Mature Movers Navan Crew are ready to set a record on 19th September!



Older People

Mature Movers

Strength

Balance

Friendly

Functional

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.

Find a venue near you and give it a go!

Area	Day	Time	Venue
Trim	Monday	10am	Village Hall, Knightsbridge Nursing Home.
Navan	Monday	11am	Navan Pitch and Putt Club
Kells	Thursday	10am	Kells Resource Centre
Dunboyne	Friday	10.30am	Old School
Laytown	Friday	11am	St. Colmcille's GAA
Stamullen	Wednesday	12.30pm	St. Patricks GAA
Donore	Monday	2pm	Parish Hall
Ashbourne	Wednesday	7pm	Sports Hall, Community School
Cormeen	Wed 26 th September	11am	Cormeen Sports Complex
Athboy	Wed 26 th September	11am	St. James Hall

Mobility

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

Fun



Older People

GAMES FOR LIFE ACTIVITIES FOR ADULTS 50+

Games for Life provide adapted games and training to older people and disability groups. Your group can avail of the following activities:

- Boccia
- Kurling
- Cornhole
- Box Hockey
- Bowls
- Go for Life Games



See below, schedule for roll out of activities:

- **Tuesday 25th September** – Kurling League at 11am in Simonstown GAA Centre.
- **Tuesday 9th October** – Cornhole League (played in team venues).
- **Wednesday 10th October** – Active Retirement Bowls League (played in team venues).
- **Monday 15th October** – Boccia League (played in team venues).
- **Wednesday 14th November** – Box Hockey Tournament at 11am in Simonstown GAA Centre.

You don't have to be part of a group to take part. If you are interested in any of the leagues, you are welcome to come along and try it out.

Social Dancing for 40+

Let's get dancing! Meath LSP presents social dancing which incorporates Jive, Waltz and Line Dancing.

The dance programme is suitable for beginners and individuals.



Dancing for 40+ starts at the end of month in the following areas:

- **Navan** – Friday 21st September at 11am.
- **Kells** – Tuesday 25th September at 11am.
- **Trim** – Wednesday 26th September at 11am.
- **Ashbourne** – Monday 1st October at 11am.

For more information, please call Ruairi on 046-9067337 or email rmurphy@meathcoco.ie.



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:

- Play Rugby Programme
- Sports Hall Athletics
- Cycle Right Programme
- Be Active ASAP
- Daily Mile Challenge
- Sports Leader UK
- School sports day training
- National initiatives such as Bikeweek, and National Recreation Week

If you would like further information on any of the above programmes see www.meathsports.ie or contact us at 046 9067337 or email mlsp@meathcoco.ie

Be Active ASAP – an after school physical activity programme

Expressions of Interest

All primary schools nationwide are invited to for express their interest in Be Active after School Activity Programme (ASAP) teacher training or re-training for 2018. To date, there are 864 schools trained to deliver Be-Active ASAP.



Be Active ASAP is offered FREE of charge to schools. Teacher training lasts approx 2.5 hours and is a one off session. Some schools have integrated the teacher training into their Croke Park hours. Upon completion of the training, schools will receive a resource folder with 30 weeks of session plans that echo the PE curriculum for 1st and 2nd class.

If you are working towards your Active School Flag, Be Active ASAP can help contribute by incorporating the following Active School Flag review areas:

1. **Physical Activity** - extra-curricular activities,
2. **Community Links** – working with parents, **Community Links** – working with outside agencies.



St. Mary's Primary School, Edenderry, Offaly, participating in Be Active ASAP.

Please express your interest in the programme on our website [here](http://www.beactiveasap.ie) and we will be in touch in September to schedule training. For more information please visit the Be Active ASAP website – www.beactiveasap.ie or contact (046) 9067337.



Schools Section

The Daily Mile Challenge

Would YOUR SCHOOL like to take part in **The Daily Mile** 2018/2019? If so, this is your chance!



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, and emotional 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 and raise their attainment.

The Daily Mile is successful because it is simple and free:

- 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 circumstances, age or ability.



If you are interested in starting The Daily Mile with your whole school or one of the classes in your school, please contact Meath LSP for an expression of interest form or email ltwomey@meathcoco.ie

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 3rd, 4th, 5th & 6th classes.



Play Rugby is suitable for both boys & girls and is non-contact. As part of the initiative, schools will also receive a Play Rugby pack. The 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 this 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.

Schools Section

Youth Sports Leadership – An Accredited Award for Secondary School Students



****NOW ENROLLING SCHOOLS/COMMUNITY GROUPS FOR SEPTEMBER****

Meath LSP in association with Sport Ireland and Dormant Accounts will continue to deliver the Youth Sports Leadership Award, and are now inviting expressions of interest from secondary schools and youth organisations in Meath for 2018.

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 or community groups with young people aged from 14-18.

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) learners per tutor, schools/community groups may opt to work with 20 learners on one course or we can provide 2 tutors and deliver to 40 learners simultaneously.

Secondary schools in Meath who have completed the Sports Leader Award include –

- Ashbourne Community School
- Colaiste Na Mi
- Loreto Secondary School
- St Patrick's Classical School

Community groups in Meath who have completed the Sports Leader Award include –

- Youthreach Navan
- Youthreach Progression Navan
- Youthreach Kells
- Involve Navan and Trim



To book your place on the Sport Leader level 1 Award or to find out more information please contact Laura Twomey, Meath LSP at 046-9067337 or email ltwomey@meathcoco.ie



Schools Section

Cycle Right – Cycle Safety Training for Schools



The Cycle right programme in conjunction with Meath LSP continues to be rolled out in 2018/2019. Since 2017, the programme has been implemented within primary schools nationwide. The goal of Cycle Right is to provide the national standard of cycle safety and skills training to all participants.

Cycle Right provides training to classes from 3rd up to 6th 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.

What the programme offers:

- Best-practice in cycle training, derived specifically for our unique environment
- Quality of delivery and an on-going quality assurance system to ensure consistency
- Guaranteed ratio of qualified, registered trainers to work with your groups
- A goal of on-road training as a core part of the programme
- Resources for schools, teachers and parents/guardians to facilitate follow up and support to training

At present, Stage 1 is being delivered in Primary schools nationwide. At Stage 1 (8-hour duration, ratio of 1 registered trainer to a maximum of 15 participants off-road, and 2 registered trainers to 10 participants on road), trainees undertake trainer-directed bicycle and road skills training mixed with theoretical and Rules of the Road instruction based at classroom and off-road locations. Stage 1 also aims to include on-road training in a local environment appropriate for novice riders.

Programme cost:

The approximate cost of programme delivery will be €50 per child. The Department and the RSA are subsidising €35 per child; we here in Meath LSP will continue to support the roll out of cycle safety training in schools through the provision of €4980. Meath LSP secured this sponsorship from EurolinkM3. This model of delivery ensures that bikes and helmets are provided for all children.

Net cost to the individual pupil will be €13 – same fee as previous years. If your school is working with An Taisce on the Green Schools programme and on the 4th Green Flag, please check with your travel officer as to the possibility of accessing further support funding.

In Meath, we are delighted to continue our partnership with Barbara and the team in the Cycle Safety School. If you wish to avail of the **CYCLE RIGHT** training or wish to continue to use the services of the Cycle Safety School, please email cyclingsafetyschool@gmail.com to register your interest or contact Ruth on 086 2292013.



Sports Ability Programme

Julianstown Autism Camp

In conjunction with Julianstown Autism support group, Meath LSP supported an Autism Summer camp in Julianstown community centre over two weeks in July.

With sibling(s) welcome to attend for free the camp provided a platform for inclusion for the children and their families through sport and physical activity. 40 children including siblings took part in the camp across the two weeks with a total of 13 different sports and activities on offer.

Each child was assigned a volunteer who was on hand to assist them throughout the week, this level of care and diligence enhanced the children's experience and made the two weeks a real success.



Meath LSP would like to take this opportunity to congratulate Julianstown Autism support group on such a successful camp. A special thanks to the sporting bodies and local clubs who facilitated the sessions for this camp over the two weeks.



Sports Ability Programme

Wheelchair Summer Camp

A Wheelchair Summer camp for children with physical disabilities was delivered in partnership with the HSE Occupational Therapy team. This camp took place over 3 days in August in Claremont Stadium, Navan.

Over the three days, eight wheelchair users aged between 6-14 years accompanied by their siblings took part in 9 different activities!

They got the opportunity to:

- Try new sports, crafts and games
- Meet other young wheelchair users
- Learn new skills

HSE Occupational Therapists assisted at the camp and their knowledge and expertise was greatly appreciated by both the children and parents.



Learn 2 Cycle

The Learn 2 Cycle programme is a 6 week programme aimed to assist children with disabilities to cycle independently. The recent Learn 2 Cycle was hosted by Ashbourne Educate Together NS.

30 children with disabilities were guided and assisted by our experienced cycling instructor Noel Connelly from the Cycle Safety School.

We plan to hold more Learn 2 Cycle programmes in the coming months. If you would like more information or to express your interest, please contact Terry by email tdonegan@meathcoco.ie or call 046-9067337.





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	Starting Tuesday 18th September	5:30pm - 6:30pm	Scoil Naomh Eoin, Navan	All ages welcome	Margo Finnegan 046-9067337
Learn 2 Cycle	Thursday	6 week programme beginning October	TBC	4-18 Years	Terry Donegan 046-9067337
Autism & Intellectual Disability Camp	October 30th - November 1st	10am-1pm	Claremont Stadium, Navan	4-12 Years	Terry Donegan 046-9067337
Football 4 All	Saturday	3pm-4pm	East Meath United	4-12 Years	Lara Synnott foot-ball4all@eastmeathunited.ie
Inclusive Rugby	Saturday	10am-11am	Navan Rugby Club	4-16 Years	Gerry Sweeney 086-7865007
Gymnastics	Tuesday	5pm-6pm	Coolmine Gymnastics, Ashbourne	5-12 Years	Janet Hawkins coolminegymnastics@yahoo.co.uk
GAA for All	Saturday	10:30am - 11:30am	St Colmcille's GAA-Club, Laytown	4-12 Years	Ken McHutcheon ken@fingalaviation.ie
Wheelchair Badminton	Wednesday	7pm-8pm	Claremont Stadium Navan	All welcome	Mona Sinclair 086-8195203

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

Meath Heritage Cycle Tour 2018—in Pictures



Meath Heritage Cycle Tour 2018—in Pictures



For more pictures, please see <http://www.meathsports.ie/cycle-tour/photo-gallery/>

Calendar of Courses and Events 2018

Activity	Date	Time	Venue
September			
Gaelic for Men Over 40's	Every Monday	9pm	Trim GAA (Astro-Pitch)
Gaelic for Men Over 40's	Every Tuesday	9pm	Navan O'Mahony's GAA (Astro Pitch)
Couch to 5km	10th September	7pm	Claremont Stadium, Navan
Mature Movers - National Record Event	19th September	11am	Simonstown GAA Centre
Safeguarding 2 Club Children's Officer Training	20th September	6.30pm-9.30pm	Windtown Unity Centre, Navan
European Week of Sport	22nd-30th September	Various	Various
October			
Safeguarding 1 Basic Awareness in Child Protection	2nd October	6.30pm-9.30pm	Windtown Unity Centre, Navan
Sports Injuries First Aid	8th October	6.30pm-10pm	Windtown Unity Centre, Navan
Safeguarding 3 Designated Liaison Person Workshop	11th October	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	15th October	6.30pm-9.30pm	Windtown Unity Centre, Navan
November			
Safeguarding 1 Basic Awareness in Child Protection	7th November	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 2 Club Children's Officer Training	8th November	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 3 Designated Liaison Person Workshop	20th November	6.30pm-9.30pm	Windtown Unity Centre, Navan

PLEASE CHECK OUT OUR WEBSITE www.meathsports.ie OR CONTACT THE OFFICE.

Meath Local Sports Partnership, Town Hall, Watergate Street, Navan. Tel: 046-9067337. Email:

mlsp@meathcoco.ie