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Tour de Meath – out in force!

Now in its 8th year, the An Post Meath Heritage cycle tour was back in full flow over the weekend of the 23rd and 24th July. With almost 4000 cyclists participating between the 4 distances, the weekend kicked off with the 11km family spin which saw almost 1000 cyclists, young and old participate. Having stopped in Jack Quinn's for refreshments all returned safely to Trim where they basked in glorious sunshine and enjoyed an evening of free activities.



Participants enjoying the 11km Family Spin

Support along the 11km route was provided by the Gardai and the Civil Defence along with coaches from the Moynalty Cycling club who cycled alongside the group offering support, guidance and assistance.

The local showers which fell early on Sunday morning and threatened to dampen the atmosphere didn't succeed with almost 700 hardened cyclists heading off on the 160k route and up the hills of Tara, Skryne and Loughanlea.

The An Post cycle series Ambassador, Bressie led the cyclists off. Bressie who was in training for the Ironman did enjoy the spin but found it challenging having initially thought that Meath was flat! Warm welcomes lay in wait for the 160k cyclists in Ryan's of Gormanlough, Cormeen Community centre and the Bawn Inn in Athboy.



Ambassador Bressie leads out the 160km route

The 1550 cyclists, who completed the 100k route, were led off by the experienced ex-Irish Olympians Philip Cassidy and Laurence Roche. The relatively new 100k route was very well received by all cyclists even though some struggled around Grangegeeth and Sliabh Breagh; when they had time to sit and reflect, all were delighted with their efforts and sense of achievement. Again a warm reception was extended to the participating cyclists by Senchalstown GAA centre and Wilkinstown Community Centre. (Continued on page 2)



An Post Meath Heritage Cycle Tour 2016- A Massive Thanks!

Dr. Una May, Director of Participation and Ethics with Sport Ireland and her daughter Caoimhe (National Track Cycling champion) led out the 850 cyclists on the 50k route. Cyclists enjoyed the refreshments on the Hill of Tara and the water stop at Kiltale GAA club.

The tour would not be a success without the hard work of the 350+ volunteers who give their time to marshal junctions, give directions, provide refreshments and most of all give much needed encouragement to cyclists along the route. Particular praise must go to the community areas that open up their facilities to cater for the cyclists: Ryan's of Gormanlough; Maguire's Café, Hill of Tara; Jack Quinn's, Scurlogstown; Wilkinstown Community Centre; Bawn Inn, Athboy; Senchalstown GAA centre; Cormeen Community centre and Kiltale GAA club.



Dr. Una May and her daughter Caoimhe led out the 50km route

Special thanks were extended by Mary Murphy, Event Coordinator, to the

Gardai; Meath Civil Defence;

HSE Ambulance service; Motorbike marshals and the many volunteers, organisations and support staff who gave of their time to ensure that the 2016 cycle tour was a success.



Volunteers at food stop

The An Post Meath Heritage Cycle tour is fast becoming one of the main calendar events in the cycling calendar.

Mary Murphy attributed the popu-

larity 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 An Post Meath Heritage Cycle Tour. Further thanks was paid to An Post; Sport Ireland; Trim Municipal District; Meath County Council; Meath Tourism; Meath Chronicle; LMFM; OPW; Trim Castle Hotel; Dunnes Stores; Glanbia; local Cycling clubs; Bike Fit studio; Cyclize; Navan Cycle Centre; TC Racing; Aura Centre; Physios, the Meath Heritage Cycle Tour committee & the Board and staff of Meath LSP for working together to ensure that the An Post Meath Heritage Cycle Tour of 2016 was truly a memorable event. Particular thanks to the remarkable and entertaining MC – the legend that is Eamonn Duffy.



Pictured above is Eamonn Duffy (MC), Ambassador Bressie and MLSP Co-ordinator Mary Murphy.

The nominated charity for the event was the Friends of St Josephs Hospital in Trim who assisted over the weekend of the tour by marshalling at the car park area and serving food in the marquee. Friends of St Josephs Hospital provide much needed support towards the comfort needs of the patients. Meath is one of five counties to participate in this year's An Post Cycle Series and the series will continue with the Cork Rebel Tour on the 11th of September. The An Post Cycle Series is run in association with the Sport Ireland, An Post and 5 Local Sports Partnerships. **Date for your diary: An Post Meath Heritage Cycle Tour 2017 will take place on the weekend of 29th & 30th July.**

Community Activity Programmes



Are you interested in Sports Coaching?

Would you like to coach in your Community?

YES? This may be the course for you:

COMMUNITY SPORTS COACHING PROGRAMME

The Programme

Meath LSP will run a Community Sports Coaching Programme in Meath this coming October. The venue will be at the Meath & District League (MDL) Navan

Who can apply?:

Open to Men & Women aged 18 years and over; Jobseekers or those working part time. Participation on this course will NOT affect your social welfare payment

Course Structure:

14 week course
2 days per week
Job placement included
Garda Vetting will apply

Course Content:

Sports Coaching - GAA, Soccer & Athletics
Sports First Aid, Disability Inclusion Training
Job Readiness & Skill Development



sport ireland



For registration please contact David McCaffrey at 046-9067337 or email dmccaffrey@meathcoco.ie

Closing date for receipt of applications is Friday October 7th 2016



Community Activity Programmes

Men on the Move Programme

a physical activity programme for MEN ONLY!!

Are you aged 30 and over?

Do you want:

- to be fitter?
- to feel healthier?
- to have fun?

Why not try out our 6 week programme?



Participants of Men on the Move in Navan with Tutor Mags Bellew

Check out where you can get involved:

- **Trim:** Wednesday 14th September at 8pm in Aura Leisure Centre Trim.
- **Navan:** Thursday 15th September at 7.30pm in Claremont Stadium.
- **Kells:** Monday 26th September at 8pm in Club Active Kells/Handball Alley.

There will be an information night in Kells where you can get your Waist to Hip measured, obtain information on healthy eating/exercise and learn more about the programme. The 6 week programme will follow on from this.

To register your interest contact Ruairi, Meath Local Sports Partnership on (046) 9067337 or email rmurphy@meathcoco.ie

Navan has been selected as this year's *Irish Times* Pfizer Healthy Town. The initiative was officially launched on Tues 6th Sept. Now in its fifth year, the project aims to show people simple steps to improve physical and mental wellbeing.

It aligns with the WHO's Healthy Cities initiative and Healthy Ireland's healthy towns and counties project. Healthy Ireland is a Government initiative aimed at improving health.

Navan will host a series of free talks, events and health checks in September and October. Those interested in getting involved in the Healthy town initiative should check Navan Healthy town facebook page for further details.

Community Activity Programmes

Meath Mental Health Festival Oct 3-10

Promoting Positive Health

Meath LSP in association with Meath County Council, Jigsaw Meath, SHINE, Meath Employability Services, HSE; GROW, CORE Meath and the GAA have come together to deliver the 3rd annual Meath Mental Health Festival, taking place from 3rd– 10th October.

Meath Mental Health festival is a countywide initiative to promote the awareness of positive mental health. This will be done through a series of workshops delivered to community settings including rural, secondary schools and sports clubs.

Objectives of Meath Mental Health week

- To promote awareness of the benefits of positive mental health
- To create awareness of signs and symptoms of those who may be experiencing mental health difficulties
- To provide ease of information and sign posting of existing services to those who may be experiencing mental health difficulties.

For a full list of activities for the week, please see www.meathsports.ie closer to the date.

The European Week of Sport 2016

The European Week of Sport aims to promote sport and physical activity across Europe. This year the EU Week of Sport runs from the 10th of September to the 18th of September.

It is shaping up to be a great week in Ireland this year and the excitement and interest generated by both the Paralympic and Olympic Games in Rio offer the perfect backdrop for the week.

We are encouraging clubs and sporting organisations to upload details of activities which they may be running during this week to the following website: <http://www.irishsports council.ie/Participation/European-week-Of-Sport-/>



Education and Training

Is your Club or Facility listed? And up to date?

We have a comprehensive Facilities Listing of sport and leisure facilities in Meath on our website.

See <http://www.meathsports.ie/clubs-facilities/facilities-directory/>

Please check to make sure your facility is listed and the contact details are correct. Please advise us of any changes, or if you have a new facility that is not on the directory please complete the following survey on our website here <http://www.meathsports.ie/facilities-directory-update/>

Sports Injuries First Aid

Meath LSP offers training to sports clubs/organisation in Sports Injuries First Aid. The course is aimed at coaches, mentors, teachers, supervisors, players, athletes and volunteers and anyone wishing to be able to deal with minor sports injuries.



This course covers a comprehensive range of topics to prepare participants to administer First Aid care. Participants will learn practical skills so that they can deal competently with situations that may arise.

Course Content

This course has an emphasis on dealing with minor Sports Injuries.

- | | |
|---|---|
| <ul style="list-style-type: none">• Scene Management• Bleeding and Wounds• Treatment for Shock• Heart Conditions | <ul style="list-style-type: none">• Fractures• Sprains & Strains• Unconsciousness & the Recovery Position |
|---|---|

The last Sports Injuries First Aid workshop for 2016 is taking place on 12th October in Navan. For further information, please see <http://www.meathsports.ie/event/sports-injuries-first-aid-workshop-3/>

SPORT MATTERS IN MEATH

A series of workshops for those interested in sports performance and development in Meath

A Sports & Performance nutrition workshop will take place this coming November. This will be the first workshop in a series of 3 planned **Sports Matters** workshops over the autumn and winter period.

Topics covered:

- What performance nutrition means
- Consequences of poor nutrition
- How much carbs, fat and protein I should eat
- Enhancing nutrition pre, during and after sports

This workshop is aimed at coaches, parents, team sports, runners, swimmers, cyclists and anyone looking to improve their sports performance.

More details to follow soon. Please view our website

www.meathsports.ie

**SPORTS
NUTRITION**



Education and Training

Code of Ethics and Good Practice for Children's Sport Safeguarding 1 Basic Awareness Workshop

20th October, Trim | 17th November, Navan | 6.30pm to 9.30pm



This course looks at best practice for all regarding child protection, with clubs now being asked to utilise and implement the relevant NGB Code of Ethics. The course maintains an essential component of coach education for all who are involved in coaching children.

This course is a must for anyone working with children!

All Coaches, Club Children's Officers and Designated Liaison Persons must complete the 3 hour Safeguarding 1 Child Welfare & Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. The cost is €20pp for clubs in Meath and €30pp for clubs outside of Meath.

For further information, please see <http://www.meathsports.ie/events/> or phone 046-9067337 to check availability.

Safeguarding 2: Club Children's Officer (CCO) Training

26th October 2016 | 6.30pm to 9.30pm | Windtown Unity Centre, Navan | €20 per person

It is recommended that **all clubs should appoint a Children's Officer who should then attend this training for the role** which is vitally important in keeping adults and children safe and happy within the club environment. Meath LSP cannot emphasise enough to clubs the importance of this course in helping the Children's Officer deal with new legislation and the safe guarding of coaches, children and volunteers within their club.

Participants must have completed the Safeguarding 1 basic 3 hour Child Welfare & Protection Training Course in advance of this training.

For further information, see <http://www.meathsports.ie/event/safeguarding-2-childrens-officer-workshop-2/> or phone 046-9067337 to check availability.

Safeguarding 3: Designated Liaison Person (DLP) Workshop

24th November 2016 | 6.30pm to 9.30pm | Windtown Unity Centre, Navan | €20 per person

The third part of the ISC Child Welfare & Protection Training Programme is the Designated Liaison Person workshop. 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 and should complete the NEW Designated Liaison Person 3 hour 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.

For further information, please see <http://www.meathsports.ie/event/8440/> or phone 046-9067337 to check availability.

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 commence in the following areas in August/September 2016:

- Trim - Monday 29th August at 10am in Knightsbridge Nursing Home (Village Hall)
- Navan - Monday 12th September at 11am in Navan Pitch and Putt Club
- Kells - Thursday 25th August at 10am in Kells Peoples Resource Centre
- Athboy - Wednesday 7th September at 11am in St. James Hall, Athboy
- Laytown/Bettystown - Friday 9th September at 11am in St. Colmcille's GAA
- Dunboyne - Friday 9th September at 10.30am in the Old School, Dunboyne
- Simonstown - Thursday 15th September at 11am in Simonstown GAA Centre

**- Free session on Tuesday
20th September at 10am in
Drumconrath Community
Centre.**

**- Mature Movers is coming to
Ratoath Community Centre
in October**

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



Calling all Older Adults Groups in Meath - National Grant Scheme now open!

The National Physical Activity Grant Scheme for Older Adult groups is now open. The grant scheme will provide funding towards the purchasing of equipment or activity programmes to increase opportunities for older people to participate in sport and physical activity. For assistance with grant applications, please contact Ruairi at 046-9067337 or contact rmurphy@meathcoco.ie

To download a grant application form, please click on the link below

<http://www.ageandopportunity.ie/images/NGS%2016%20Application%20form%20-%20final%20version.pdf>

Older Adult Programmes

Games for Life

Active Retirement Bowls League Finals:

The new league season begins at the end of September 2016. New active retirement bowls teams are welcome to join. There will be a pre season meeting on Wednesday 21st September at 3pm in the Enterprise Centre, Navan. If your group is interested in joining the bowl league please contact Ruairi on 046-9067337

New League: Meath Go for life Games

Meath held their first Go for Life Games county final on Tuesday 24th May in Simonstown GAA Centre. It was a huge success with 65 participants taking part on the day, playing the following games:

- Lobbers (adaption of Petanque and Boules)
- Flisk (adaption of Frisbee and Horseshoe Pitching)
- Scidils (adaption of Ten Pin Bowling and Skittles)

On the back of its success and the positive feedback from groups there will now be a new league starting on Monday 26th September in Simonstown GAA Centre. There will be 5 league competitions and the league is open to all Active Retirement and disability groups.



Pictured above is Tom Dunne from Dunboyne

New Age Kurling

Kurling is a form of the original Winter Olympic curling game, but adapted so that it can be played indoors or on any smooth, flat surface, such as a sports hall. The game is played with 4 red and 4 blue kurling stones which are on rollers.

There will be a Kurling Tournament on Tuesday 29th November at 11am in Simonstown GAA Centre. If you are interested in taking part, please contact Ruairi on 046-9067337.



New Game: Corn Hole

The game of Corn Hole originated in Germany in the 14th century, and was rediscovered in the hills of Kentucky over 100 years ago. The truth is, who really knows, but the game is great fun and can be played anywhere!

Cornhole or Corn Toss is similar to 'horseshoes' except you use wooden boxes called Cornhole platforms and bean bags instead of horseshoes and metal stakes. Participants take turns pitching their bean bags at the cornhole platform until a contestant reaches the score of 21 points. A bean bag in the hole scores 3 points, while one on the platform scores 1 point.

This new game will be showcased at the Meath Go for Life Games league meetings and the Kurling Tournament.

Many thanks to Dunboyne Rehabcare for making the set photographed opposite.



Older Adult Programmes

THE ACTIVE MINDS PROJECT



Active Minds, funded by the HSE, is a physical activity based programme designed to combat the early onset of dementia in adults and to offer pathways to physical activity to adults with dementia, their carers and siblings.

After the success of the pilot programme in December 2015, *Active Minds* will recommence in 3 settings: St. Brigid's Day Care Centre, Whistlemount Day Care Centre and Ashbourne - in September 2016.

Active Minds is a 12 week programme made up of 2 weekly activity sessions of 40 minutes duration. The programme aims to facilitate and empower people with dementia (early onset), their carers and siblings in maintaining functional independence and improving quality of life.

This initiative will focus on seated exercise to music, resistance exercise, seated Pilates, fall prevention (balance), strength, mobility and cognitive activities. Other components of the programme include Mindfulness meditation/exercise and musical sing a longs.

If you would like more information on the *Active Minds* Project please contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

FITNESS MADE EASY

The Fitness Made Easy Programme (for adults 50+) is back with a 5 week Winter programme starting on **Tuesday 15th November at 11am in Club Active, Navan.**



Activities for this 5 week programme will include:

- Tutor led warm up and warm 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

If you are interested in attending or you want additional information please contact Ruairi Murphy 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 Safety Programme
- Buntús Programme
- Be Active ASAP
- School sports day training workshops
- 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 if there is any other way that Meath LSP can assist your school contact us at 046 9067337 or email mlsp@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 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 Colm Finnegan, Leinster Rugby at 01 2693224.



Schools Section

Primary School Cycle Safety Programme

The Cycle Safety programme for primary schools in County Meath continues to expand, this calendar year the expected number of primary school children trained will reach 1700. Up 100 from 1600 trained in 2015.



This programme provides safe cycle training for classes from 3rd through 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 for up to a limit of 30 children per class.

Training covers the following:

- Bicycle maintenance
- Starting & stopping safely
- Turning on major & minor roads
- Shoulder checking, signalling and correct positioning on road
- Overtaking
- Lifesaver look

Cycle Safety is co-ordinated by Meath LSP and rolled out with the support of the Road Safety Authority and sponsors EuroLink. Should you wish your school to take part on this programme for the school year 2016 -2017 an expression of interest form must be completed. To receive this and for further information such as cost please contact David at 046 9067337 or email dmccaffrey@meathcoco.ie

Sports Leaders – An Accredited Award for Secondary School Students



Meath LSP in association with Sport Ireland and Dormant Accounts has secured funding to run an accredited Sports Leadership level 1 course for secondary school pupils for the school year 2016-2017. The programme is ideally suited to students of transition year.

The level 1 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.

Each course is designed for 20 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. This may work better for TY groups.

“The Sports Leader Award was a great opportunity afforded to the TY girls of the school. They thoroughly enjoyed the programme and took a lot from the experience and I would highly recommend this programme for all TY school programmes”. Ruth Finneran, Loreto Navan,



The course can be delivered over a number of weeks –usually 6, but the delivery can be tailored to suit the individual school.

Aside from a €5 fee per student payable to Sports UK, all other aspects of the programme are offered free to the school (tutor cost, external assessor, programme resources etc). To book your school's place and to discuss the various course delivery options please contact David at 046-9067337 or email: 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.



Why take part in the iRunForFun Programme?

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. The programme culminates in a whole school challenge at the end of the 6 weeks; this is a great way to get everybody involved be it setting up the challenge or participating in it.

How does the training work?

Every 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



Where does the training take place?

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.

If your school is interested in participating in the **iRunForFun** programme, please contact David or Lucy @ 046 9067337 or email dmccaffrey@meathcoco.ie



Sportshall Athletics Programme

Meath Local Sports Partnership plan to continue the roll out of the primary school indoor athletics programme SPORTSHALL this coming October. We are now calling for expressions of interest from schools thus giving them the opportunity to take part in the highly successful programme that is growing nationwide.

Programme Specifics:

- The programme is suited for both boys and girls classes from 3rd class to 6th class.
- Teacher Training will be delivered at a central school venue, where possible during school hours from October 2016 onwards. Schools may nominate a maximum of 4 teachers to attend a teacher training session
- Sportshall equipment will then be provided on a loan basis to each participating school

Programme Cost:

Each participating school is required to pay **€150** towards the cost of training, 2 tutor led sessions and the loan of the training equipment to include delivery and collection.

Please note that the SPORTSHALL equipment is limited therefore the programme will be offered to schools on a first come first serve basis. To receive an expression of interest form or for more information please contact David on 046-9067337 or dmccaffrey@meathcoco.ie.



Schools Section

Be Active After School Activity Programme

#BeActive Education award

Congratulations to St Clare's Primary School, Harolds Cross & St Clare's Primary School, Ballyjamesduff who have been selected as finalists for the European #BeActive Education Award. What a fantastic achievement for both schools and for primary school physical activity in Ireland. Both schools are #BeActive ASAP trained. The finalists will now be invited to the European Week of Sport Flagship Event Awards Ceremony, which takes place in Brussels on 15th Sept. Good luck to both schools from everyone in #BeActive ASAP.



Be Active ASAP trained schools map

Please visit the maps section our website [here](#) to view all the trained schools nationwide. This map is updated monthly.

Programme Evaluation

Be Active ASAP is being fully evaluated as per the Healthy Ireland National Physical Activity plan action area 2 – children and young people, point 10. The tender submissions have been received since the closing date on September 2nd at 5pm. The evaluation is hoped to begin in late September/early October with a final report due in September 2017.

Programme Information

Be Active ASAP is actively accepting expressions of interest for the academic year 2016/2017.

If you are a school that is passionate about developing children's Physical Activity patterns or are looking to achieve your Active School Flag we would like to hear from you.

- Takes place after school on school grounds.
- Designed for 7-8 year olds.
- Led by trained teacher leaders.
- Involves parents in their children's physical activity.
- Gives children the chance to succeed.



Sample Activity Card

- The programme is **Free** of Charge to Schools.
- The programme offers **Free** training for teachers.
- The programme includes **Free** resources, including a comprehensive folder of resource cards and a teacher handbook.
- Schools also benefit from ongoing advice and support visits

Expression of Interest & Contact Details

If your school is interested in taking part in the Be Active programme you can complete an online expression of interest form. The expression of interest form can be completed here <http://bit.ly/1dIP7Hd>

For more details please contact Paul Friel– National Coordinator on 046 9067346 or paul.friel@meathcoco.ie or visit <http://www.beactiveasap.ie>

The programme is funded by the HSE in association with Sport Ireland and St Patrick's College, Drumcondra (a college of Dublin City University).

Sports Ability Programmes

Getting Hooked on Fishing!

For four wonderful Mondays in August, 15 children of all abilities took to Rathbeggan Lakes to “Learn to Fish” with the support and expertise of anglers from Trim /Athboy Anglers and Boyne Valley Fishing Hub. The children thoroughly enjoyed their experience and the parents and siblings equally enjoyed their picnics.



Lucy learns how to fish!



Pictured above is Luke being shown how to reel in fish by Angler Pat O'Toole



Learn to Fish participants with anglers from Trim / Athboy Anglers and Boyne Valley Fishing Hub.

A huge thank you to all the families for taking part, to Rathbeggan Lakes for their hospitality and most of all to our fantastic Angling coaches who shared all their knowledge throughout the 4 week programme.

Sports Ability Programmes

GAA Disability Inclusion Training

This summer a GAA Disability Inclusion Training Workshop and Resource Booklet has been developed for club coaches interested in ensuring all abilities can be included in clubs. A pilot of the workshop was delivered to 25 Cul Camps Coaches and 20 Primary School teachers in June in the Meath GAA Centre of Excellence in Dunganny.

The workshop was well received by all participants, with one coach stating the “training and resource has really opened my eyes to the many ways we can adapt GAA to ensure children of all abilities can take part” and another acknowledging that “sometimes it is just about changing our attitudes and perceptions towards disabilities”. The workshop is now ready to be rolled out to all interested GAA club coaches. This is an exciting initiative which will allow all children to feel included and welcome in their local GAA club and is supported by Meath GAA Games Manager Seamus Kenny.

If your club is interested in receiving this training, contact Elaine on 0469067337.




Disability Inclusion in GAA

3 Hour Awareness Workshop for GAA Coaches

For more information contact:
Elaine Banville, Sports Inclusion Disability Officer, Meath Local Sports Partnership on
0469067337




Inclusive Fitness Training

INCLUSIVE FITNESS TRAINING

COURSE COST €50

This six hour introductory course is specifically designed to help **increase the confidence and awareness** of fitness managers, fitness professionals and all front line staff to work with people with disabilities. The training will provide access to resources that will **increase the knowledge** of those working in the Fitness Sector to **create inclusive environments and programmes** for people with disabilities.

Co-ordinated by CARA
National Adapted Physical Activity Centre
For more information visit
www.caraapacentre.ie



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

Co-ordinated by CARA
National Adapted Physical Activity Centre
For more information visit
www.caraapacentre.ie

BOOK ONLINE Visit caraapacentre.ie and follow the links to Training & Education to **book Online**

Sports Ability Programmes

Inclusive Summer Activity Camp

A child's summer is not complete without some summer camp memories being made, so with this in mind Meath Local Sports Partnership staff and a team of fantastic volunteers ran 2 weeks of action packed camps for children 26 children with disabilities.

The camps included a multitude of activities such as:

- Karate
- Yoga
- Zumba
- Arts and Crafts
- Swimming
- Soccer
- Athletics
- A visit from the wonderful Navan Fire Brigade



Dylan does some javelin throws at Athletics



Sam (MLSP) and Elaine (SIDO, MLSP) with David at Causey Farm

To end each week we all took a trip to Causey Farm to meet the animals and experience a ride on a tractor to the Bog. A really fun time was had by all the children and volunteers alike and a huge thank you goes out to everyone who helped to make the camp possible including the volunteers, tutors, staff at Claremont Stadium, Navan Fire Brigade, Causey Farm, Kells Swimming Pool and our Local County Councillors who donated some much appreciated funding towards the project.



James tries out some Karate kicks!



Padraig meets a Navan Fire Fighter

Sports Ability Programmes



The kids met animals at Causey Farm



The FAI brought some soccer fun to the Summer Camp!

Inclusive Cycling Festival

To celebrate Bike Week, Meath LSP held an Inclusive Cycling Festival in Fairyhouse Racecourse in June to showcase that cycling can be enjoyed by individuals of all abilities. The event involved families completing a 5km family cycle around the race course, followed by a Cycling treasure hunt and obstacle course.

Our Cycle Safety and Road skills students also used the occasion to showcase their skills by putting on a demonstration for all participants to witness.

We had a great turnout for the event and would like to extend our thanks to Fairyhouse Racecourse for allowing us to use their great facilities, to Dunboyne Cycling Club who provided Cycling Marshalls for the event and to Meath Civil Defence who provided First Aid support.



Cycling Festival Participants



From L to R: Fionnuala Holsgrove, Fergus Cosgrove and his brother



MMS Medical were present at the festival to showcase the variety of adapted cycling equipment available for all abilities.

Sports Ability Programmes

Autumn Activities Programme 2016

<u>Activity</u>	<u>Venue</u>	<u>Time</u>	<u>Day</u>	<u>Age</u>	<u>Cost</u>
Football4All Programme with Ratoath FC *Call Raymond Hoare on 0868203095	CODLISS Soccer Pitches Ratoath	10am – 11am	Every Saturday	6-16 years	N/A
Horse Riding Programme (4 week programme) *Call Jacinta on 0871381716	Brookfield Stables, Navan	Lessons available from 2pm onwards.	Every Wednesday and Thursday	5 years +	€60 for 4 week programme
Learn 2 cycle Programme (6 Week Programme)	Navan	4-5pm	Thursday 29th September	6-16 years	€40 for 6 week programme
Tag Rugby for All (Kids)	Navan Rugby Club	4pm	Recommencing in September	6-18 years	N/A
Wheelchair Basketball Club (6 Week Programme)	Claremont Stadium Navan	6.30-7.30pm	Commencing Thursday 29th September	Children and Adults	€15 for 6 weeks
Boccia Club (6 Week Programme)	Claremont Stadium Navan	5.30-6.30pm	Commencing Thursday 29 th September	Children and Adults	€15 for 6 weeks
Yoga and Athletics (8 week Programme)	Dunboyne AC	4-5pm (7-12yr olds) 5-6pm (13 yrs +)	Tuesdays. Starting in October	Children	TBC
Wheelchair Badminton Club *Call Dermot on 086 3830660	Claremont Stadium Navan	7-8pm	Wednesdays	Children and Adults	TBC
Swimming Lessons *Call Philip on 0872697062	Knightsbrook Leisure Centre Trim	TBC	Commencing Sunday 18 th September	6-18 years	€99 for 10 weeks

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

An Post Meath Heritage Cycle Tour 2016—in Pictures



An Post Meath Heritage Cycle Tour 2016—in Pictures



Calendar of Courses and Events 2016

Activity	Date	Time	Venue
September			
Mature Movers	Various	Various	Various—Please see Page 8 for full schedule
Navan Healthy Towns—Walking Programme	Starting 6th September, running every Tuesday for 8 weeks	7.15pm	Blackwater Park , Navan
Men on the Move Trim	14th September	8pm	Aura Leisure Centre, Trim
Men on the Move Navan	15th September	7.30pm	Claremont Stadium, Navan
Safeguarding 1—Child Protection Basic Awareness Training	19th September	6.30pm-9.30pm	Windtown Unity Centre, Navan
Men on the Move Kells	26th September	8pm	Club Active / Kells Handball Alley
October			
Meath Mental Health Week	3rd-10th October	Various	Various—See www.meathsports.ie for details
Sports Injuries First Aid	12th October	6.30pm-10pm	Windtown Unity Centre, Navan
Safeguarding 1—Child Protection Basic Awareness Training	20th October	6.30pm-9.30pm	Trim
Safeguarding 2—Children's Officer Training	26th October	6.30pm-9.30pm	Windtown Unity Centre, Navan
November			
Fitness Made Easy	15th November	11am	Club Active, Navan
Safeguarding 1—Child Protection Basic Awareness Training	17th November	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 3—Designated Liaison Person Workshop	24th November	6.30pm-9.30pm	Windtown Unity Centre, Navan