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## Operation Transformation National Walk Day



Meath Local Sports Partnership's Operation Motivation programme commenced on Saturday 13th January with a number of walks rolling out across the county.

Walks were organised in conjunction with Operation Transformation National Walk day. Throughout the county over 550 participants turned out in Trim, Navan, Ashbourne, Kells, Cormeen, Castletown and



Dunboyne. Despite the rain and wind, organisers were particularly pleased with the number of families who took part on the day. Meath LSP would like to extend their thanks to the Civil Defence and local volunteers for their assistance in organising the walks.

The Operation Motivation walking programme continues in 18 different locations in Meath. All walks are free to enter & open to all ages; buggies welcome. See page 2 for list of walking programmes.



## DATES FOR YOUR DIARY

### Royal County 5km & 10km, Kells, Bank Holiday Monday 7th May

Pre-registration will open in March with Early Bird discounts. 10km starts 10.30am with 5km starting at 11am. Keep an eye on [www.meathsports.ie](http://www.meathsports.ie)

### Meath Heritage Cycle Tour – 28<sup>th</sup> & 29<sup>th</sup> July

We are delighted to announce this year's dates: **Saturday 28th July and Sunday 29th July!** More details to follow in the coming months.



View our website

<http://www.meathsports.ie>

## Community Activity Programmes

Following on from National Walk Day, a number of areas are planning **weekly walks** in their local areas to coincide with the **8 Week Operation Transformation programme**. See below for details:

Day	Area	Time	Meeting Point	Contact name & number
<b>Monday</b>	Ashbourne	7pm (from 15 <sup>th</sup> Jan)	Ashbourne Garda Station	Marian/Theresa 087-8598781/087-2376175
	Athboy	7pm (from 8th Jan)	Waxies Corner	Alma McClorey 087-6450811
	Dunboyne	7pm (from 8th Jan)	Dunboyne Church Car Park	John Holian 085-7444278
<b>Tuesday</b>	Ballivor	7pm (from 16th Jan)	Ballivor GAA Grounds (Walking Track)	Dolores Hannon 086-1647243
	Killalon	11am (from 9th Jan)	Community Centre	Brian Donovan 046-9433190
	Navan	7pm (from 16th Jan)	Town Hall	Michael Murray 086-0757434
<b>Wednesday</b>	Donore	7pm (from 10th Jan)	Donore National School	Malena McLoone 087-6890892
	Dunboyne	7pm (from 10th Jan)	Dunboyne Church Car Park	John Holian 085-7444278
	Kells	8pm (from 10th Jan)	Gael Colmcille GAA Centre	Ann Smith 087-9781474
	Ratoath	7pm (from 17th Jan)	Centra, Ratoath	Charlotte Reid 086-8158239
<b>Thursday</b>	Ashbourne	7pm (from 18th Jan)	Ashbourne Garda Station	Marian/Theresa 087-8598781/087-2376175
<b>Friday</b>	Dunboyne	7pm (from 12th Jan)	Dunboyne Church Car Park	John Holian 085-7444278
	Trim	9.30am (from 19th Jan)	Trim Castle (opposite Garda Station)	Linda/Dorenda 087-7685836/ 087-2726479
<b>Saturday</b>	Ashbourne	10am (from 20th Jan)	Ashbourne Garda Station	Marian/Theresa 087-8598781/087-2376175
	Bohermeen	11am (from 20th)	Bohermeen Community Centre	Stephen Ball 086-0792580
	Carlanstown	10am (from 20th)	Deer Park	Kay Brogan 087-2350317
	Castletown	10am (from 20th)	Community Centre (Pitch & Putt Club)	Nichola Smith 086-8617289
	Cormeen	9.30am (from 20th)	Cormeen Sports Complex	Aine Reilly 086-7732649
	Stamullen	10.30am (from 6th Jan)	St Patricks GAA Club	Linda Dungan 087-6503124
<b>Sunday</b>	Enfield	10am (from 14th Jan)	Supervalu, Enfield	Anne Maher 086-2351663
	Tara	9am (from 21st Jan)	Hill of Tara car park	Pauline Donnelly 087-2704016



## Community Activity Programmes

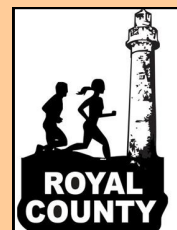


### Learn 2 Run to 5k

*Struggling with your New Year's "get fit" resolution? Why not train in a group?*

Learn 2 Run to 5k is ideal for those who are walkers and wish to become joggers or joggers who wish to become runners – open to men & women. Programme cost applies.

Venues for training include:



Area	Details	Contact
<b>Bohermeen</b>	Beginners running group starts Mon 8 <sup>th</sup> Jan @7pm; Long runs – easy and various distances starts Sat 6 <sup>th</sup> Jan @9am; both at Bohermeen Community Centre.	Stephen Ball 086 0792580
<b>Donore</b>	Couch to 5k starting Wed 10 <sup>th</sup> Jan @7pm in Donore NS	Ken Brien 086 8635470
<b>Dunboyne</b>	Couch to 5k commences on 9 <sup>th</sup> Jan - every Tues & Thurs @9pm Dunboyne AC track, Rooske Rd.	Geraldine Fagan 087 2218540
<b>Dunshaughlin</b>	Early Feb – check out Dunshaughlin AC Facebook	Paddy Mangan 087 2597731
<b>Enfield</b>	Fit 4 Life/Meet n Train Mon & Wed @ 7pm; Sat @ 8am	Geraldine Cusack 087 2376267
<b>Navan</b>	Starting in Claremont Stadium, Navan in March	Ruairi, Meath LSP on 046 9067337



### Learn 2 Run Navan

- March 2018
- Claremont Stadium
- 8 weeks Programme
- Goal: to participate in the Royal County 5km event on Bank Holiday Monday 7th May

If you or a group you are involved with, would like to commence a Learn 2 Run programme in your area and just need advice and assistance, please contact Ruairi at Meath LSP on 046-9067337.

**Come join us!! Walk, Jog or Run!**

## Community Activity Programmes



### Meath Running Group..... every step a victory!

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. We provide a 30 week programme/3 blocks – depending on your target (each block can be stand alone).

When	Where	What	Why	Benefit
<b>Block 1</b> Wed 14th March @7pm	Claremont Stadium, Navan	Indoor Core & Conditioning (9 weeks)	To work core strength, improve flexibility, pos- ture & balance	Injury prevention & improves gen- eral strength
<b>Block 2</b> Wed 23rd May @ 7pm	Claremont Stadium, Navan	Speed & Middle Distance training (11 weeks)	Preparation for 5 mile, 10km & 10 mile distances	Improves running form & speed
<b>Block 3</b> Wed 22nd Aug @ 7pm	Claremont Stadium, Navan	Middle to Long Distance Training (10 weeks)	Preparation for the half, ¾ & full marathon dis- tances	Improves running endurance

In 2017, Meath Running Group helped over 150 recreational joggers & runners to reach their target – either completing a 10km, 10 miles, half or full marathon **This year that person could be you!**

To register for Block 1 please download form at <http://www.meathsports.ie/women-in-sport/meath-running-group/> or call Paul Friel on 046-9067337.



## Move More..... FitBit Challenge 2018

Meath Local Sports Partnership in association with Healthy Ireland and Meath County Council invite 80 adults from around Meath to participate in our new **12 week Move More fitbit challenge**.

Participants must:

- Be over 18 years of age
- Be new to exercise (not currently active)
- Be willing to participate fully in the 12 week Move More challenge
- Preferably have access to a smart or android phone
- Have access to the internet
- Have a basic working knowledge of computers

The **Move More** programme aims to increase & track activity levels amongst participants with the aid of a FitBit wristwatch. (Fitbits will be provided to all participants for the duration of the programme).

If you are interested in participating in the **Move More ...FitBit challenge**, please register your interest by email to [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie) before **Friday 19<sup>th</sup> January @ 4pm**. Qualifying criteria will apply, places are limited to 80 participants.



## Community Activity Programmes



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



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

**Men on the Move** will start in Navan on **Thursday 18<sup>th</sup> January** at 7.30pm in Claremont Stadium.

Please note – this programme is open to all men regardless of fitness level. Contact Ruairi on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie) for further information.

# GAELIC FOR MEN 40+

**WED 7TH FEB AT 8PM IN MILLBROOK, OLDCASTLE**

**FREE**



**NON-CONTACT**



**FUN**

**SUITABLE FOR ALL FITNESS LEVELS+PLAYING ABILITIES**

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

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*If Oldcastle venue doesn't suit, please check out the following venues and dates:*

- Trim GAA—Mondays at 9pm
- Navan O'Mahony's GAA—Tuesdays at 9pm



## Community Activity Programmes



Join buggy buddies, the free local buggy walking group open to parents and carers of babies and toddlers in buggies, prams or carriers.

Come along, have fun and get fit by walking and talking with new friends!

**8 week programme**

**Starting Thursday 11th January**

**9.30am-10.30am**

**Blackwater Park - Navan**

**Meeting point at the car park**

For more information please contact: Margo  
0894576235 or [margo.finnegan@meathcoco.ie](mailto:margo.finnegan@meathcoco.ie)

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## Club Section

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

**Monday 12th March | Windtown Unity Centre, Navan | 6.30pm-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.

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. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

Participants can follow on the code of ethics workshop with Children's Officer Training, for information on same please contact Meath LSP office. It is recommended that you renew your Safeguarding certificate every 3 years for good practice. Participants attending this workshop must be over 18 years of age. The cost is €20pp for clubs in Meath and €30pp for clubs outside of Meath.

For more information, see <http://www.meathsports.ie/event/safeguarding-1-basic-awareness-in-child-protection-9/>. Please call 046-9067337 to check availability of spaces.

### Safeguarding 2 Club Children's Officer Workshop

**7th March | Windtown Unity Centre, Navan | 6.30pm-9.30pm**

Recommendations from Sport Ireland are that every club involved with children and young people should appoint a Club Children's Officer. This person is the link between the children and the adults in the club and also take responsibility for monitoring and reporting to the Club Management Committee on how club policy etc. impacts on children and their Sports Leaders.

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 of this workshop is €20pp for clubs in Meath and €30pp for clubs outside of Meath. For more information, please see <http://www.meathsports.ie/event/safeguarding-2-club-childrens-officer/>. To book a place, please call 046-9067337 to check availability of spaces.

## Club Section

### 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.

Participants will learn practical skills so that they can deal competently with situations that may arise. All participants receive a certificate of attendance.



#### Course Content

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

The next Sports Injuries First Aid workshop is taking place on **Thursday 21st February** in Navan. For further information, please see <http://www.meathsports.ie/event/sports-injuries-first-aid-3/>. To book a place, please call 046-9067337 to check availability of spaces.

### Coaching Children in Sport Seminar 2018

#### Date for your diary!

Calling all coaches, parents/guardians, volunteers, teachers and community leaders!!

- Do you want to ensure that the child is at the centre of your coaching?
- Do you want to understand the importance of developing FUNdamental movement skills so children can reach their full potential?

**Date: Monday 26<sup>th</sup> February**

**Time: 7pm-9pm**

**Venue: TBC**

If so, don't miss this hugely important seminar!

The aim of the seminar is to provide attendees with a basic understanding of children's sport and physical activity and best ways to optimise children's enjoyment and participation to ensure positive outcomes. To develop lifelong physically active individuals, it is essential that coaches understand children's needs and attempt to help children to enjoy and feel passionate about participating in physical activity and sport.

For further details, please contact [paul.friel@meathcoco.ie](mailto:paul.friel@meathcoco.ie) or ring 046-9067337.





## 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:**

- Sports Hall Athletics
- Cycle Right Programme
- Be Active ASAP
- Play Rugby Programme
- The Daily Mile Challenge
- iRunforfun for Secondary Schools
- Sports Leader UK
- 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](http://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](mailto:mlsp@meathcoco.ie)

### **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.



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

Each week there is a compulsory session that is outlined in the **iRunForFun** diary. Each session will take no longer than 10-15 minutes to complete and should take place during physical education (PE) class each week for a period of 6 weeks. The training should take place around a fixed loop of approximately 150-250 meters. A basketball court, large hall, or half a GAA/Soccer pitch is perfect for this.



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

On completion of the 6 weeks, the school will then facilitate a school challenge at a distance suited to those who participated on the training programme for example -1 mile, 3k or 5k. Schools currently on the programme include – St. Ciaran's Community School and Eureka Secondary School in Kells and Beaufort College in Navan.

If your school is interested in participating in the **iRunForFun** programme, please contact Paul Friel @ 046 9067337 or email [paul.friel@meathcoco.ie](mailto:paul.friel@meathcoco.ie)

## Schools Section



### The Daily Mile Challenge

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 well-being 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.



Students from Beaufort College

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 [paul.friel@meathcoco.ie](mailto:paul.friel@meathcoco.ie)

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

#### 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 850 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 1<sup>st</sup> and 2<sup>nd</sup> 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 and **Community links** – working with outside agencies.

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 further information on the programme please visit the Be Active ASAP – [www.beactiveasap.ie](http://www.beactiveasap.ie) or contact (046) 9067337.



## Older Adult Programmes

### Mature Movers

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.

Mature Movers will be in the following areas this January 2018 so please come along and try it out. See below when and where the classes take place.



**Trim:** Monday 15<sup>th</sup> January at 10am in Knightsbridge Nursing Home (Village Hall).

**Navan:** Monday 15<sup>th</sup> January at 11am in Navan Pitch and Putt Club.

**Kells:** Thursday 18<sup>th</sup> January at 10am in Kells Peoples Resource Centre.

**Athboy:** Wednesday 24<sup>th</sup> January at 11am in St. James Hall, Athboy.

**Laytown/Bettystown:** Friday 26<sup>th</sup> January at 11am in St. Colmcille's GAA.

**Stamullen:** Wednesday 24<sup>th</sup> January at 12.30pm in St. Patricks GAA.

**Dunboyne:** Friday 26<sup>th</sup> January at 10.30am in the Old School, Dunboyne.

**Simonstown:** Friday 26<sup>th</sup> January at 11am in Simonstown GAA Centre.

**Donore:** Come n Try (Free Session) on Monday 22<sup>nd</sup> January at 2pm in Donore Community Centre.

**Ashbourne— coming soon  
in the new parish hall**

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

## Older Adult Programmes

# Games for Life Upcoming Events 2018

**13th  
Feb**

**Boccia League**  
Simonstown GAA Centre at 11am

**13th  
Feb**

**Bowls League**  
Fixtures played in active retirement  
groups across Meath

**27th  
Feb**

**Annual Kurling Tournament**  
Simonstown GAA Centre at 11am

**13th  
Mar**

**Box Hockey League**  
Will be played in active retirement venues  
across Meath

## Coming Soon..Walking Football

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For more information on any of the Games for Life programmes, please contact Ruairi Murphy on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)



## Sports Ability Programmes

### Vision Impairment Tennis

VI Tennis, delivered in conjunction with Tennis Ireland and Vision Sport Ireland has grown as a new and exciting sport, going from strength to strength.

Meath has seen new players and their families taking part, developing their skills, making new friends and enjoying being active in their community. We are eager to continue to grow VI Tennis in Meath, so spread the word!

Sessions take place every Sunday 12-1pm in Claremont Stadium, Navan. Qualified Tennis Coach Richard Turner (Kells Tennis Club) is onsite to offer guidance and support to all new players. Equipment is also provided. Sessions return on **Sunday 21<sup>st</sup> January**, cost is €5 per session.



**Coach Richard Turner sharing tips and skills with new players**

For more information re the above please feel free to contact Kate Feeney on [kfeeney@meathcoco.ie](mailto:kfeeney@meathcoco.ie) or call 046 9067337.

### Pitch and Putt Programme

As part of the Sports Inclusion Disability Programme, Navan Pitch and Putt club hosted a pitch and putt programme where 10 children took part in a 6 week programme to learn and enhance their skills.

With the support of the Pitch and Putt Union of Ireland, tutor Mary Farrell and volunteers from Navan Pitch & Putt club, this programme was a great success. The club have since provided membership to the players to continue developing their skills on the course.

Meath LSP are working with the Pitch and Putt Union of Ireland to upskill coaches to assist in future programme delivery.

If you are interested in volunteering and up skilling in a foundation level pitch and putt course and disability awareness training please contact [kfeeney@meathcoco.ie](mailto:kfeeney@meathcoco.ie) or call 046-9067337.



**Liam Doherty about to make the putt!**

## Sports Ability Programmes—Inclusive Club Development

### Navan's Newest Team!

On October 22<sup>nd</sup> 2017 **Navan RFC** started on a journey with their newest team, Navan All Inclusive Team. This initiative was lead by Navan RFC and supported by Meath LSP who delivered training and education and supporting the club personnel. Navan Club Community Rugby Officer, Robbie Waters shares their journey from a clubs perspective.



*"On the first training session, we had five children with three*



*taking part. However only four weeks into our journey, we have ten children registered. It was a slow start but all who have been involved have had so much fun and enjoyed every minute as you will see from the pictures.*

*At present, we are the only club in the area that offers children with special needs and intellectual disabilities a chance to be part of a rugby team but hopefully, other clubs will follow and see **how rewarding it can be to a club.** I am sure this is the start of something great. The feedback from parents so far has been amazing and really encouraging. We have plenty of help with seven volunteers giving up their time Sunday morning to help coach the chil-*

*dren.*

*The best part of this journey has been seeing the children developing their skill from catching and passing to now playing mini games and developing into rugby players. We hope to enter our first competition and compete against other teams shortly. With the number of players and skills growing each week I have no doubt we will be very competitive".* For further information, please contact Robbie Waters on 085 7069455.



### GymABLE Programme arrives to Ashbourne!

Janet Hawkins from Coolmine Gymnastics Club talks about their new programme for children with disabilities:

*"Meath based club, **Coolmine Gymnastics Club** were delighted to be chosen as one of 6 clubs nationwide to take part in the Gymnastics Ireland funded GymABLE inclusion programme. Coaches from the club received Disability Inclusion Training with the Cara Centre and Gymnastics specific training with British Gymnastics Tutor, Hazel*

*Coates.*

*Once trained, the club were then ready to kick off our gymnastics classes for children from the ASK group in Ratoath. The children took part in an 8-week programme attending classes 1 hour a week in our Gymnastics facility in Ashbourne concluding with the Gymnastics Ireland Disability Day at the National Gymnastics Training Centre in Blanchardstown.*

*The children loved the classes and it's safe to say that the progress they have made in the short time was fantastic, with very positive feedback from both parents and coaches. Coolmine Gymnastics Club are to continue with the GymABLE classes into 2018 and hope that, with the help of Meath LSP we will be able to expand the programme".* For more information, please contact [coolminegymnastics@yahoo.co.uk](mailto:coolminegymnastics@yahoo.co.uk)





## Sports Ability Programmes

### Disability Inclusion Training

25 local community coaches, sports leaders, teachers and volunteers took part in Disability Inclusion Training in November 2017. This course provided the participants with skills and ideas on how to adapt their sport or physical activity sessions to make them more accessible and inclusive for people with a disability.



Training and education holds a key role to support clubs and organisations meeting the needs of people with disabilities in your community.

**Participants who completed Disability Inclusion Training in November 2017**

For more information on training and education opportunities in Meath, check out [meathsports.ie](http://meathsports.ie) or contact Kate on [kfeeney@meathcoco.ie](mailto:kfeeney@meathcoco.ie) or 046-9067337.



**HSE Staff Members participating in the Irish Heart Foundation Walking Leader Training with Meath LSP.**

### A Positive Partnership—HSE Mental Health Services and Meath Local Sports Partnership.

Maurice Dillon, Occupational Therapy Manager, Louth Meath Mental Health Services talks about the positive partnership between HSE and Meath Local Sports Partnership.

*"Since 2014 we have worked very closely with Meath Sports Partnership in developing opportunities for service users to participate in physical activity and sport in the local community. Linking up with Meath Local Sports Partnership has enabled us to benefit from their knowledge of program delivery, access local facilities in the community and avail of grants to get initiatives started. They have supported us to run a range of programs including "Learn to Run" "Walking for Wellbeing" and "Kickstart to Recovery". Four of*

*our staff members recently completed the Irish Heart Foundation Walking Leader training which they organised.*

*The Sports Partnership has a very inclusive philosophy and we have been able to work with them to support service users attend the many community initiatives they promote in Meath including park runs, Men on the Move, walking groups and couch to 5km programs. The Sports Inclusion Disability Officer (SIDO) within Meath LSP has been a key person in the success of our partnership and we link regularly with the SIDO to plan and review current programs and future opportunities".*

## Sports Ability Programmes

### Julianstown Multi Activity Halloween Camp

In conjunction with Julianstown Community Centre, Meath LSP coordinated a multi activity sports camp for children with autism over the Halloween break.

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. 17

children participated in 9 activities, across the 3 day camp. The camp was action packed with a range of activities on offer which included Football, Tag Rugby, Tennis, Volleyball, Zumba, Art, Cricket, Karate and Yoga.



Meath LSP would like to take this opportunity to thank parent Valerie Donovan, the members of Julianstown's Community Centre and the volunteers as without you this camp would not have been such a success. Thanks to the sporting bodies who facilitated the sessions for this camp including; FAI, Leinster Rugby, Tennis Ireland, Edel McKeogh, Julie Gallagher, Volleyball Ireland, Brian Carroll, Cricket Leinster and Madgalena Dzieciuchowicz.



## Sports Ability Programmes

**NEW!!**



# AUTISM IN SPORT

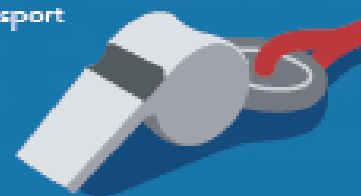
## WHAT SPORTS COACHES NEED TO KNOW

This course will:

- Provide attendees with an understanding of Autism, focussing on the delivery of sport
- Help attendees to recognise and understand key areas of consideration
- Look at practical strategies which will help to include people with autism in sport

The course makes use of a presentation, interactive group work, scenarios and video information.

On completion of the course all attendees will receive a C.A.R.A Certificate of Attendance endorsed by Sport Ireland.



The course is offered in-house  
(our tutor comes to your organisation)

€600.00 (this includes materials and  
expenses for a maximum of 24 people)

It can also be offered as individual  
places on a scheduled course at

€40.00 per person

The duration of the course is 3 hours

For further information on this course or to book please contact C.A.R.A

Telephone: 066 7145672

E-mail: [training@caracentre.ie](mailto:training@caracentre.ie)

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



SPÓRT ÉIREANNI  
SPORT IRELAND



## Sports Ability Programmes



Coordinated by



**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 and to help make their gym, fitness centres and programmes more accessible to people with disabilities.**

### **This course is aimed**

Gym, Pool and Fitness professionals, Area and Centre Managers, Duty Managers, front of house staff and Part and Full time Leisure staff.

### **Course Certification**

On completion of the course all participants will receive a CARA Centre Certificate of Attendance

### **Course Resources**

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. All course participants will receive a PDF Resource Manual

### **Cost of the Course:**

**€50 per person.**

CENTRE OR GROUP BOOKINGS ARE ALSO AVAILABLE.



### **The following areas will be covered:**

- Section 1: Perception and Experiences
- Section 2: Understanding Inclusion
- Section 3: TREE Adaptation Tool
- Section 4: Participation and Competition Pathways
- Section 5: Identifying and Overcoming Barriers
- Section 6: Understanding Disability
- Section 7: Disability Groupings
- Section 8: Language and Etiquette
- Section 9: Working with People with Disabilities
- Section 10: Pre-screening, Assessment and Information Gathering
- Section 11: Planning and Teaching the TREE Adaptation Tool
- Section 12: Auditing and Facility Access

### **HOW DO I BOOK A PLACE?**

Upcoming dates and venues are available online at [www.carapacentre.ie](http://www.carapacentre.ie) and individual bookings can be made here.

If you are a fitness centre or gym and you would like to book INCLUSIVE FITNESS TRAINING please contact our Inclusive Fitness Coordinator on 01 6251160 or email [inclusivefitness.cara@ittralee.ie](mailto:inclusivefitness.cara@ittralee.ie)

### **How can my organisation book a course?**

If you have 16-24 people and would like to book a course please contact the Inclusive Fitness Coordinator on 01 6251160 or email [inclusivefitness.cara@ittralee.ie](mailto:inclusivefitness.cara@ittralee.ie)

Coordinated by:

**sport ireland**



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gcontas dlomhaoin  
the dormant  
accounts fund**

*This training has being developed in conjunction with:*



**St. Michael's House**  
Special Groups and individual abilities



**NCBI**  
Working for People with Sight Loss



## Sports Ability Programmes January—March

Activity	Venue	Time	Day	Who	Cost	Contact
Visual Impairment / Blind Tennis	Claremont Stadium Navan	12-1pm	Every Sunday from 21 <sup>st</sup> January	All welcome	€5 per session	Kate Feeney (SIDO) 046-9067337 <a href="mailto:kfeeney@meathcoco.ie">kfeeney@meathcoco.ie</a>
Navan RFC Inclusive Rugby Team	Navan RFC	10.00-11.00 am	Every Sunday	All welcome	N/A	Robbie Waters 085 7069455 <a href="mailto:navanccro@leinsterrugby.ie">navanccro@leinsterrugby.ie</a>
Learn 2 Cycle (6 week programme)	Trim GAA Club	4-5pm	Wednesday Commencing 24 <sup>th</sup> January – 7 <sup>th</sup> March	6-16 yrs	€35 for 6 weeks	Kate Feeney (SIDO) 046-9067337 <a href="mailto:kfeeney@meathcoco.ie">kfeeney@meathcoco.ie</a>
Learn 2 Cycle (6 week programme)	Kells	4-5pm	March – April Dates TBC	6-16 yrs	€35 for 6 weeks	Kate Feeney (SIDO) 046-9067337 <a href="mailto:kfeeney@meathcoco.ie">kfeeney@meathcoco.ie</a>
Therapeutic Horse Riding Programme	Brookfield Stables, Navan	Lessons available from 2pm onwards	Every Tuesday	All ages welcome	€60 for 4 weeks	Jacinta Lightholder 0871381716
Swimming (6 week water confidence programme)	Kells Swimming Pool	1.30-2.30pm	Sunday start date to be confirmed	6-16yrs	TBC	Kate Feeney (SIDO) 046-9067337 <a href="mailto:kfeeney@meathcoco.ie">kfeeney@meathcoco.ie</a>
Wheelchair Badminton	Claremont Stadium Navan	7-8pm	Every Wednesday	All ages and abilities welcome	€5 per session	Shane Dunbar <a href="mailto:badminton@navanbadmintonclub.com">badminton@navanbadmintonclub.com</a> 083 0415529
Football For All (Expression of Interest open)	East Meath United	Taking place each Saturday 3-4pm	Club programme launching in March 2018	Primary school age children. All abilities welcome		<a href="mailto:football4all@eastmeathunited.ie">football4all@eastmeathunited.ie</a> or call Lara Synott on 085 7168634 or Valerie on 083 3157093
Gymnastics	Coolmine Gymnastics Club	5-6pm	Every Tuesday	7-11 yrs	€130 for 13 weeks	Janet Hawkins <a href="mailto:Coolminegymnastics@yahoo.co.uk">Coolminegymnastics@yahoo.co.uk</a>
Yoga	Julianstown Community Centre, Julianstown	TBC	TBC	TBC	TBC	Magdalena Dzieciuchowicz <a href="mailto:soul.lighthouse.info@gmail.com">soul.lighthouse.info@gmail.com</a> 087 3267237 or Valerie 083 3157093

**\*For all other programmes please contact [kfeeney@meathcoco.ie](mailto:kfeeney@meathcoco.ie) or 0469067337**

## Calendar of Courses and Events 2018

Activity	Date	Time	Venue
Safeguarding 1 Basic Awareness in Child Protection	25th January	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	7th February	6.30pm-9.30pm	Village Hall, Knightsbridge Nursing Home, Trim
Sports Injuries First Aid	21st February	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 2 Club Children's Officer Training	7th March	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	12th March	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	10th April	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 2 Club Children's Officer Training	24th April	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	3rd May	6.30pm-9.30pm	Windtown Unity Centre, Navan
Royal County 5km & 10km Walk / Run	7th May	10.30am / 11am	Kells
Safeguarding 1 Basic Awareness in Child Protection	28th May	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 3 Designated Liaison Person Training	31st May	6.30pm-9.30pm	Windtown Unity Centre, Navan
Meath Heritage Cycle Tour	Sat 28th & Sun 29th July	Various	Trim

PLEASE CHECK OUT OUR WEBSITE [www.meathsports.ie](http://www.meathsports.ie) OR CONTACT OFFICE FOR INFORMATION  
Meath Local Sports Partnership, Town Hall, Watergate Street, Navan.

Tel: 046-9067337 Email: [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)