

## In this Issue

### Operation Transformation National Walk Day 2019

#### Community Activity Programmes

- Walking Programmes
- Couch to 5km
- Men on the Move
- Walking Leader Training
- Community Sports Hub Navan

#### Clubs Section

- Safeguarding 1
- Safeguarding 2
- Safeguarding 3
- Introduction to Basketball Course
- Sports Injuries First Aid

#### Schools Section

- Daily Mile Challenge
- iRun for Fun
- Be Active ASAP
- Sports Leadership Award

#### Older Adult Programmes

- Games for Life Discussion
- Mature Movers

#### Sports Ability Programmes

- Autism in Sport Workshop
- Learn 2 Cycle
- Autism & Intellectual Disability Camp
- Calendar of Programmes/Events

#### Calendar of Courses/Events

## Operation Transformation National Walk Day

Meath Local Sports Partnership's Operation Motivation programme commenced on Saturday 12th January with 12 walks rolling out across the county.

Walks were organised in conjunction with Operation Transformation National Walk day. Over 970 participants turned out in Nobber, Kilmainhamwood, Trim, Carnaross, Duleek, Ratoath, Athboy, Castletown, Fordstown, Ashbourne and Ballinacree.

Meath LSP would like to extend their thanks to the Civil Defence and local volunteers for their assistance in organising the walks.

Continuing on from this, 18 communities are hosting an 8 week walking programme for all members of the community as part of Meath LSP's Operation Motivation programme. All walk leaders have been trained in the Irish Heart Foundation Community Walk Leader Level 1. See page 2 for list of walking programmes.



## DATE FOR YOUR DIARY

### Royal County 5km & 10km, Kells, Bank Holiday Monday 6th 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)



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



## Community Activity Programmes

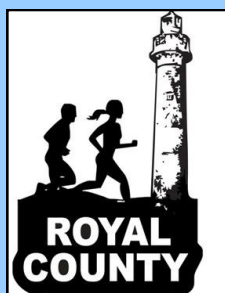
Following on from National Walk Day, a number of areas are planning **weekly walks** in their local areas to coincide with the **8 Week Operation Transformation programme**. See below for details:

Area	Walk leader	Contact no.	Start date	Start time	Meeting point
<b>Carnaross</b>	Victoria Olwill Natasha Shannon Noeleen Farrelly	086 1955539 086 8527547 086 3260857	<b>Jan 14<sup>th</sup></b> Mondays Fridays	7.30pm 7.30pm	Carnaross GFC
<b>Duleek</b>	Carol Saurin	085 7538995	<b>Jan 12<sup>th</sup></b> Saturdays Wednesdays	10am 7pm	Duleek village green
<b>Nobber</b>	Gerarda Bradley Eithne Condra	087 2469416 087 6325240	<b>Jan 12<sup>th</sup></b> Saturdays	9.30am	Nobber amenity park/ National School
<b>Kilmainham-wood</b>	Bernadette Finnegan Niamh Madden	087 2910896 087 7673792	<b>Jan 12<sup>th</sup></b> Saturdays Wednesdays	9.30am 7pm	Kilmainhamwood GAA
<b>Ratoath</b>	Brian Hayes Adrianne McGill	085 1745082 086 6010253	<b>Jan 14<sup>th</sup></b> Mondays	8pm	Ratoath GAA
<b>Ashbourne</b>	Treasa Byrne	087 2376175	<b>Jan 12<sup>th</sup></b> Mondays Thursdays Saturdays	7pm 7pm 10am	Ashbourne Garda Station
<b>Ballinacree</b>	Noel Walmsley Norman Coyle	087 7611767	<b>Jan 17<sup>th</sup></b> Thursdays	8pm	St. Brigid's walking track Ballinacree
<b>Athboy</b>	Dolores Grace Helen Ennis	086 3868474 086 3704395	<b>Jan 12<sup>th</sup></b> Saturdays Wednesdays	10am 7pm	Clann Na Gael GAA
<b>Syddan</b>	Deirdre Dillon Suzanne Dillon	087 6245021	<b>Jan 17<sup>th</sup></b> Thursdays	7pm	Syddan GFC
<b>Castletown</b>	Nicola Smith	086 8617289	<b>Jan 12<sup>th</sup></b> Saturdays	10am	Castletown Pitch & Putt
<b>Fordstown</b>	Aisling Clarke	087 9006119	<b>Jan 13<sup>th</sup></b> Sundays	11am	Girley Hall
<b>Ballivor</b>	Dolores Hannon	086 1647243	<b>Jan 7<sup>th</sup></b> Mondays Thursdays	7.30pm 7.30pm	Ballivor GAA
<b>Johnstown</b>	Joe Adams Ali Shah	086 8600961 087 7748519	<b>Jan 14<sup>th</sup></b> Mondays Fridays	7pm 9.30am	Taylor's of Johnstown; Johnstown Shopping Centre main entrance
<b>Navan</b>	Mary Clifford	087 9760824	<b>Jan 16<sup>th</sup></b> Wednesdays	11am	Claremont Stadium, Navan
<b>Carlanstown</b>	Kay Brogan Thomas McQuaid Tony Walsh	087 2350317 087 7921402 087 9211308	<b>Jan 16<sup>th</sup></b> Wednesdays Saturdays	7.30pm 9.30am	Centra, Carlanstown Deerpark, Carlanstown
<b>Stamullen</b>	Linda Dungan	087 6503124	<b>Jan 14<sup>th</sup></b> Mondays	7pm	St. Patrick's GAA Stamullen (top pitch)
<b>Cortown</b>	Michelle McGuirk	087 6243665	<b>Jan 16<sup>th</sup></b> Wednesdays	7.30pm	Cortown GFC
<b>Oldcastle / Milbrook</b>	Dermot Monaghan	087 2961290	<b>Jan 17<sup>th</sup></b> Thursdays	7pm	Milbrook Pitch





## Community Activity Programmes



### Couch to 5km

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



Couch to 5K programme is an 8 week programme that encourages and motivates people to get from 0 to 5km.

The programme will cater for people that are new or beginners to jogging or running and is open to those that are currently walking but perhaps would like to build up to jogging/running. If you wish to get fit and healthy in a fun and supported way then this is for you!

Navan Couch to 5km is starting on **Monday 4th March**. It will be delivered by Navan AC's experienced coaches for the 8 weeks. The cost is €30. If you wish to register, please call Ruairi on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie). This is a hugely popular programme which achieves desired results!!

**Goal: Royal County 5km on Bank Holiday 6th May in Kells.**

Please see details of Couch to 5km programmes below:

Area	Details	Contact
Dunboyne	Starts 8 <sup>th</sup> Jan - every Tuesday & Thursday @9pm Dunboyne AC track, Rooske Rd.	Noel Leddy @ 086 1247042
Dunshaughlin	Early February – check out Dunshaughlin AC Facebook	Paddy Mangan @ 087 2597731
Navan	Starting in Claremont Stadium, Navan on Monday 4th March at 7pm	Ruairi, Meath LSP @ 046 9067337



## Community Activity Programmes



*Are you MALE, aged 35 plus?  
Would you like to be a little fitter and 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 continue on Thursday 31st January at 7.30pm in Claremont Stadium, Navan.**

Please note – this programme is open to all men regardless of fitness level.

Contact Ciara McCormack on 085-7526994



## Community Walking Leader Training



**Irish Heart Foundation**

**Tuesday 29th January | 9.30am-4.30pm | MDL Grounds, Navan**

This course is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. The course comprises of *1 day of training* followed by a *4 walk task* to try out your new Walking Leader skills.

### **Course content:**

- Physical activity guidelines for adults and how they relate to walking
- Structuring a walking session
- Creating a walking programmes suitable for people of different fitness levels
- Advice on issues such as posture, technique, stretching, intensity, clothing, etc.
- Safety issues and risk assessment
- Practical walking sessions covering a stroll and a faster paced walk



The training involves outdoor practical sessions, please dress appropriately for the weather and wear comfortable walking shoes. Once you complete the training you will be asked to record 4 walks you have lead/co-lead. You will then be certified as an ***Irish Heart Foundation Walking Leader***.

For further information or to register, please contact Lucy Dillon on [lucy.dillon@meathcoco.ie](mailto:lucy.dillon@meathcoco.ie) or 046 90 67337.





## Community Activity Programmes



### Community Sports Hub Navan

The aim of the Community Sports Hub Navan is to increase the number of people of all ages participating in sport and physical activity within the local community.



The objective of the Community Sports Hub Navan is to deliver projects which increases opportunities for people to be more active in disadvantaged areas, thereby connecting and strengthening local communities; maximising participation, improving access to and usage of a range of existing facilities and enhancing shared learning amongst the groups / clubs etc.

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.

**2970 participants engaged in wide variety programmes!**

#### Plan 2018

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 focus areas have been identified in Navan for programme roll out—

- Blackwater Park
- Johnstown
- Claremont Stadium

#### Achievements for 2018

What a busy year it has been for the Community Sports Hub Navan!

Activities included:

- Zumba
- Cheer Dance
- Late Night Football League
- Multi-Sport activities
- Sports Leader Training
- Couch to 5km
- Run4Fitness
- Buggy Buddies
- Glow Football
- Fishing for Fun
- Learn 2 Swim
- Basketball

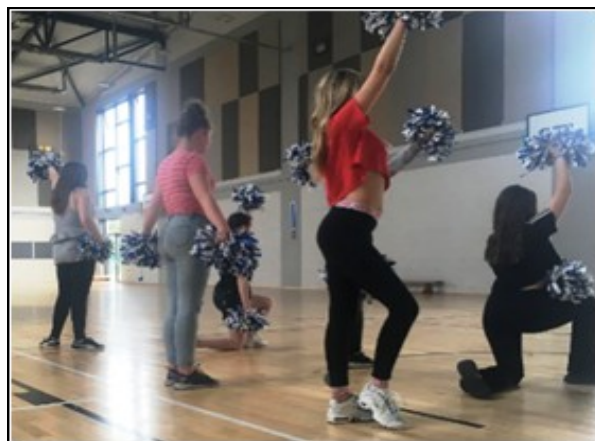
**19 local facilities provided access and acted as a base for programme delivery!**

**59 programmes delivered in the local community!**

## Community Activity Programmes



### A YEAR IN COMMUNITY SPORTS HUB NAVAN!



## Contact

For local sports clubs in Navan, the Hub is a great way to share, network and develop sport in your community – by increasing members, creating safe environments, training & up skilling volunteers & coaches - to find out how, just get in touch!

Get involved by liking our Facebook page [Community Sports Hub Navan](#) to get all the latest opportunities and make sure you don't miss out on all the action for **2019!** For more information on Community Sports Hub Navan please contact Meath LSP on 046-9067337 or email [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)



## Club Section

### Safeguarding 1 Basic Awareness in Child Protection Workshop

**12th February | 7th March | 27th 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/events/>. Please call 046-9067337 to check availability of spaces.

### Safeguarding 2 Club Children's Officer Workshop

**20th February | 28th 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 Basic Awareness course.** 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/events/>. Please call 046-9067337 to check availability of spaces.





## Club Section

### Basketball Ireland—Introduction to Coaching Course

Introduction to Coaching course is aimed at individual who are interested in becoming involved in coaching Basketball. Coaches will experience all aspects of a coaching session from planning, organisation, running the session, provision of feedback and evaluation.

**Date:** Monday 28th January

**Venue:** Claremont Stadium, Navan

**Time:** 9.30am-4.30pm

**Cost:** FREE

**To book:** please call Lucy on 046-9067337 or email [lucy.dillon@meathcoco.ie](mailto:lucy.dillon@meathcoco.ie)

There will be light activity throughout the course so please wear comfortable tracksuit and runners. Attendees must be over 16 years of age.



### 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

- |                       |   |
|-----------------------|---|
| • Scene Management    | • Fractures                               |
| • Bleeding and Wounds | • Sprains & Strains                       |
| • Treatment for Shock | • Unconsciousness & the Recovery Position |
| • Heart Conditions    | • CPR Demonstration                       |

The next Sports Injuries First Aid workshop is taking place on **Thursday 27th February** in Navan. To book a place, please call 046-9067337 to check availability of spaces.

### Safeguarding 3 Designated Liaison Person Workshop

**11th April | 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 and/or An Garda Síochána. 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 completing 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.

To book please call Meath LSP office on 046-9067337 or email [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)





## Schools Section

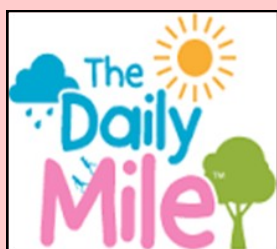
### What we offer schools

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:

- 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)



### 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 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.

In 2018, 28 primary schools took part in the Daily Mile initiative in Meath.



Students from Colaiste Beaufort

**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 [lucy.dillon@meathcoco.ie](mailto:lucy.dillon@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.

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 Lisa O'Dowd @ 046 9067337 or email lodowd@meathcoco.ie

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

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 2019. To date, there are 914 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.

You can express your interest in the programme on our website [here](http://www.beactiveasap.ie). For further information on the programme please visit the Be Active ASAP – [www.beactiveasap.ie](http://www.beactiveasap.ie) or contact Lucy on (046) 9067337.



## Schools Section

### Sports Leadership Award

**\*\*NOW ENROLLING SCHOOLS/COMMUNITY GROUPS for 2019\*\***

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 2019.

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 Beaufort
- Colaiste Na Mi
- Loreto Secondary School
- St. Patrick's Classical School



**Students from Colaiste Beaufort, Navan**



**Students from Ashbourne Community 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 Lisa O'Dowd on 046-9067337 or email [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)



## Older Adult Programmes

# Have your Say on Games for Life in Meath!

## Older people discussion on physical activity programmes and game based activities in your area in 2019!

Meath LSP will host a morning of discussion for active retirement, disability and community groups, giving them the opportunity to have their say on what physical activity programmes and game based activities they would like to see in their areas in 2019.

**The meeting will take place on Tuesday 5<sup>th</sup> February from 10.30am to 1pm in Simonstown GAA Centre.**

Groups will also have the opportunity to demo some of the game based activities and dance activities with our experienced dance tutor. Tea and coffee will be provided.



To book a place/s please contact Ruairí on 046-9067337 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)



## Older Adult Programmes

Strength

Mature Movers

Functional

Balance

Friendly

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!**

Area	Day	Time	Venue
Trim	Mondays	10.30am	Village Hall, Knightsbridge Nursing Home.
Navan	Mondays	11am	Navan Pitch and Putt Club
Donore	Mondays	2pm	Parish Hall
Stamullen	Wednesdays	12.30pm	St. Patrick's GAA
Ashbourne	Wednesdays	7pm	Sports Hall, Community School
Cormeen	Wednesdays	11am	Cormeen Sports Complex
Athboy	Wednesdays	11am	St. James Hall
Kells	Thursdays	10am	Kells Resource Centre
Dunboyne	Fridays	10.30am	Old School
Laytown	Fridays	11am	St. Colmcille's GAA

Fun

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



Mobility



## Sports Ability Programmes

# autism in sport workshop



This three hour workshop will provide participants with an understanding of Autism, focussing on the delivery of sport. The course content is designed to help participants to recognise and understand key areas of consideration and to look at practical strategies, which will help to include people with autism in sport.



caracentre.ie

**Date:** Thursday 7<sup>th</sup> February @6.30pm-9.30pm

**Venue:** Navan O'Mahony's GAA,  
Brews Hill, Navan, Co. Meath

**Cost:** €20 per person

**For further information please contact:** Terry@ [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)  
or call 046-9067337

This workshop is facilitated by:



SPORT  
IRELAND

**cara**  
sport • inclusion • ireland



## Sports Ability Programmes



### Learn 2 Cycle

Our last Learn 2 Cycle of 2018 took place in Ashbourne Educate Together NS in November/December.

Learn 2 Cycle is a 6 week programme aimed at assisting children with a disability to cycle independently. 15 children were guided and assisted by our experienced cycle instructor Noel Connelly from the Cycle Safety School.

Well done to all the participants on their progress over the 6 weeks and a special thanks to Noel and also Ashbourne Educate Together for the use of their fantastic facilities.

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](mailto:tdonegan@meathcoco.ie) or call 046-9067337.

### Autism & Intellectual Disability Halloween Camp

Meath LSP held an Autism & Intellectual Disability Halloween camp over 3 days in Claremont Stadium, Navan. The participants aged between 5-12 years and some accompanied by their siblings took part in 9 different sports and activities across the 3 days.

Such activities included:

- Table Cricket
- Tennis
- Hockey
- Football
- Zumba
- Arts & Crafts

Thanks to the National Governing Bodies who supported the camp and also to Loreto Secondary School Navan from which four TY Students volunteered their time to assist at the camp.





## Sports Ability Programmes January—March

Activity	Day	Time	Location	Age	Contact
<b>Swim Ability (6 week programme)</b>	Sundays (Starting in March)	1:30pm-2:15pm	Kells Swimming Pool	4-16 years	Terry Donegan 046-9067337/ <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>
<b>Learn 2 Cycle</b>	Thursdays	TBC	TBC	4-18 years	Terry Donegan 046-9067337/ <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>
<b>Yoga</b>	Mondays & Thursdays	5pm-6pm	Yoga Loft Navan	5-12 years	Sheila Garvey 086-8304747
<b>Football 4 All</b>	Saturdays (Starting in February)	3pm-4pm	East Meath United	4-12 years	Lara Synnott <a href="mailto:football4all@eastmeathunited.ie">football4all@eastmeathunited.ie</a>
<b>Inclusive Rugby</b>	Saturdays	10am-11am	Navan Rugby Club	4-16 years	Gerry Sweeney 086-7865007 Evan Dixon- <a href="mailto:navancro@leinsterrugby.ie">navancro@leinsterrugby.ie</a>
<b>Gymnastics</b>	Tuesdays	5pm-6pm	Coolmine Gymnastics Ashbourne	5-12 years	Janet Hawkins <a href="mailto:coolminegymnastics@yahoo.co.uk">coolminegymnastics@yahoo.co.uk</a>
<b>GAA for All</b>	Starting back early April	TBC	St Colmcille's GAA Club Laytown	4-12 years	Ken McHutcheon 087-6349162
<b>Inclusive Rugby</b>	Sundays	10:30am-11:30am	Balbriggan Rugby Club	12-18 years plus	<a href="mailto:info@balbrigganrfc.com">info@balbrigganrfc.com</a>
<b>Cara Autism In sport Workshop</b>	Thursday 7th February	6:30pm - 9:30pm	Navan O'Mahony's GAA club-rooms	18 years plus	Terry Donegan 046-9067337/ <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>
<b>VI Tennis</b>	Sundays	12pm-1pm	Claremont Stadium Navan	4-16 years	Richard Turner 086-8524410 / <a href="mailto:Richard.turner3@gmail.com">Rich-ard.turner3@gmail.com</a>
<b>Trim Brickx Lego Club</b>	Thursdays	4pm-5pm	Diocesan Hall Trim	3-12 years	Kathy 086-1700215
<b>Athboy Brickx Lego Club</b>	Thursdays	6pm-7pm	Convent Community Centre Athboy	3-12 years	Kathy 086-1700215

***'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 by following our Facebook page [Meath Sports Ability](#).

If you would like more information on Meath Sports Ability, please contact Terry Donegan on 046-9067337 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

## New Staff

### The Board & staff of Meath LSP welcome new staff members - Terry Donegan and Lisa O Dowd!



#### **Terry Donegan – Sports Inclusion Development Officer**

Terry initially joined the team here in Meath LSP on placement from Dundalk Institute of Technology in 2017. Having received his Honours Degree in Health & Physical Activity, Terry returned to work with Meath LSP as an assistant sports development officer on the Sports Disability programme in 2018. He was successful with his application in securing the role of Sports Inclusion Disability Officer in October 2018.

Terry has a passion for developing opportunities for people of all ages who have a disability to take part in sport and physical activity. He very much enjoys working in this area and relishes the challenge of ensuring that clubs, communities and schools provide equal opportunities for everyone to become involved in sport.

Terry has a keen interest in Gaelic football, both playing and coaching with his local club, Mattock Rangers in Co. Louth. He has represented Louth from underage age up to junior level in 2018.

**Lisa O Dowd – Sports Development Officer** with particular focus on Youth Development, Women in Sport and school based programmes.

Lisa has been a tutor with Meath LSP for the past 14 years and has extensive experience both in the development and delivery of programmes across the life span. Lisa is a recent graduate in Community & Youth development, having returned to education to complete her degree course. Aside from her degree, Lisa is also qualified in Social Studies, Leisure Facility Administration, Personal Training, Montessori teaching, Rainbows facilitator and certified in Safe Talk & Assist programmes.



Lisa is an advocate for youth engagement in sport and physical activity and is keen to develop opportunities for women to become more involved in the area. Combined with her passion for sports & physical activity and her qualifications & experience, Lisa is ideally suited to the sports development role.





## Calendar of Courses and Events 2019

Activity	Date	Time	Venue
Safeguarding 1 Basic Awareness in Child Protection	12th February	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 2 Club Children's Officer Training	20th February	6.30pm-9.30pm	Windtown Unity Centre, Navan
Sports Injuries First Aid	27th February	6.30pm-10pm	Windtown Unity Centre, Navan
Couch to 5km	4th March	7pm-8pm	Claremont Stadium, Navan
Safeguarding 1 Basic Awareness in Child Protection	7th March	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	27th March	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 2 Club Children's Officer Training	28th March	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	3rd April	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 3 Designated Liaison Person Workshop	11th April	6.30pm-9.30pm	Windtown Unity Centre, Navan
Safeguarding 1 Basic Awareness in Child Protection	17th April	6.30pm-9.30pm	Windtown Unity Centre, Navan
Royal County 5km & 10km	6th May	10.30am & 11am	Kells

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)