



An Irish Sports Council Initiative
Thionscnamh an Chomhairle Spóirt

Meath Local Sports Partnership News Bulletin Summer 2016

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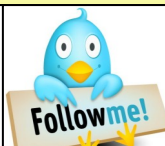
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View our website: <http://www.meathsports.ie>



An Post
Meath Heritage Cycle Tour
23rd & 24th July 2016



sport ireland

Sligo Clare Meath Waterford Cork

[anpostcycling](#)

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Bressie announced as Ambassador for the An Post Meath Heritage Cycle tour

Niall Breslin, better known as Bressie has been announced as this year's ambassador with the An Post Meath Heritage cycle tour. Popular judge on RTE's show "The Voice", musician and The Blizzards band member, Bressie who is also a keen cyclist is a former Westmeath Gaelic footballer and Leinster rugby player, representing Ireland at Under-21 level in the Rugby World Cup. Speaking at the launch, Bressie said "he was looking forward to being part of the Meath tour, in particular taking on the rolling hills of Meath!"



The 8th Meath Heritage Cycle tour, part of the An Post Cycle series is organised by Meath Local Sports Partnership in association with the Sport Ireland and An Post. The tour will take place over the weekend of July 23rd and 24th. The historic town of Trim will play host to the start and finish area under the watchful eye of St John's Castle – an impressive setting for a most memorable event.

The organisers anticipate in excess of 3500 cyclists will descend on Trim for this weekend. The An Post Meath Heritage Cycle tour is made up of 4 distances: 11k Family Spin; 50k Tara Loop; 100k Royal Tour & 160k Royal Challenge. The 11k Family spin takes place on Sat 23rd with the other 3 distances taking place on Sunday 24th. So whether you are an avid cyclist or just dusting down the bike for the first time this year, there is a distance to suit your ability!



Details of maps with elevation, food and water stops are available to download from the website. Those using smart phones will be able to download the maps to their phones – ensuring that they remain on route.

Those wishing to register can do so online at www.meathsports.ie. Early bird entry prices apply up until 14th July.

L to R: Lucy Dillon, Mary Murphy (both Meath LSP), Bressie, David McCaffrey, Bevin Usher (both Meath LSP).

Community Section



Bike Week June 11th - 19th 2016

Meath LSP in association with the Department of Transport are supporting a number of activities for Bike Week 2016.

Bike Week 2016 is a cross-community effort to highlight cycling as a fun, cost effective and healthy way to travel. There are a number of initiatives taking place during bike week in Meath which are open to all.

Date	Title	Activity	Venue & Time	Contact
Saturday 11th	Beach Party 10km	10km family cycle from Athboy to the Bahoomas	Old Convent School @4pm	Sean 087-2857095
Sunday 12th	Family Fun Cycle	8km & 12km Spins	Cormeen @4pm	Leonard 083-3458059
Sunday 12th	5km Family Cycle	5km spin from Ashbourne to Pillo hotel return	Ashbourne Garda Station @10am	Fiona 085-1744378
Monday 13th	Cycle Fest	7km Family spin Bike Maintenance Safety Skills	Bohermeen Community Centre @7.30pm	Marie 087-3430785
Tuesday 14th	Bike Maintenance Evening	Bike Maintenance Workshop	Donaghmore Ashbourne GAA Centre @8pm	Fiona 085-1744378
Wednesday 15th	Cycling for Beginners	Leisurely cycle for new & improving cyclists—adults only	Moynalty Village @7pm	Shane 086-7272822
Thursday 16th	10km Kids Spin	Controlled cycle spin for children with Navan RC	Fair Green, Navan @7.30pm	Michael—086-2778600
Thursday 16th	40km Adult Spin	Suitable for novice and improving cyclists	Fair Green, Navan @7.30pm	Michael—086-2778600
Thursday 16th	Lunch & Learn	Bike Maintenance Workshop	Meath County Council, Buvinda House @1pm	Lara—046-9097165
Friday 17th	Cycling for Beginners	Leisurely cycle for new & improving cyclists—adults only	Moynalty Village @7pm	Shane—086-7272822
Friday 17th	Social Spin	18km social spin for new/novice cyclists	Buvinda House, Navan @6pm	Lara—046-9097165
Sunday 19th	Solstice Dawn Cycle	Solstice dawn cycle to Hill of Tara—45km	Ashbourne Retail Park @5pm	Fiona—085-1744378
Monday 20th	Inclusive Bike Week Festival	Cycling for All—focus is children with disabilities	Fairyhouse Racecourse @5pm	Elaine 087-4141849

Community Section

Local athletes turn out in force to support Royal County 5km & 10km in Kells!

This year saw the introduction of a 10k event to the Royal County calendar in Kells on the May Bank Holiday Monday last – this is in addition to the popular 5k distance which is in its 6th year.

With numbers up almost 50% on last year, organisers were delighted with the turn out particularly with the large number of athletes representing local clubs. As always those coming through the learn2run groups were prominent none more so than the groups from Dunshaughlin, Kells & Navan and Beaufort Secondary school.

Maurice Looby from Mullingar dominated the 10k event with a powerful run of 36:36; Liam Murray from Virginia Triathlon club put in a tremendous run to win the 5k in a time of 18:20. The ladies 10k event was won by Ruta Balciune (no club) in a time of 44:37 with the ever popular local lass Fiona Nevin (ex physio to Meath Senior team) winning the 5k in a time of 22:02.

The organisers – Meath LSP expressed their thanks to all who supported the event in particular the Club Active gym in Kells (sponsorship of all prizes); St Brigid's AC; Kells Gardai; Civil Defence; Kells Municipal District Council and local volunteers. Special mention to the Headfort Arms Hotel who kindly opened their facilities for registration and provided much needed refreshments afterwards free of charge to all the participants.



McGrath/White families enjoying the day!



Teachers and students from Beaufort College in Navan



Athletes from Trim Athletic Club

Community Section

Meath Running Group

Every step - a victory.....

Why not join Meath Running Group?



Meath Running Group has already helped a large number of recreational joggers/runners prepare for various 5k and 10k events this year. Over 80 members this year have completed **Block 1** - 9 weeks' indoor core and conditioning and are currently nearing the end of **Block 2** which is an 11 week speed endurance block.

The group training sessions from August will be tailored to help those training for the half and full marathons. **Block 3** is 10 week training programme which is track based and focussed on improving speed endurance and running form. This is a great way to supplement the long mile sessions you already do and therefore will help enhance your preparation for the half or full marathon's later in the year.

Each session is coach led and adapted to suit all abilities. Meath Running Group is not an elite club but rather a gathering for those interested in jogging and a pathway for those wishing to join an athletic club in the future.

Block 3 (10 WEEKS) starts Wednesday August 17th at 7pm - 8pm from Claremont Stadium, Navan. Registration to take place from 6.45pm

Registration forms are available to download from our website www.meathsports.ie or find us on facebook/Meath Running Group. For further details please contact David at Meath LSP on 046-9067337 or email at dmccaffrey@meathcoco.ie



Community Coaching Programme

Are you interested in Sports Coaching? - Would you like to coach in your Community?

Following the success of Meath's first Community Coaching programme, Meath LSP will run a second Community Coaching Programme this coming September.

The programme is focussed on assisting people to gain employment, coaching, volunteering and further education opportunities in the sports sector.

The Community Coaching Programme will provide the participants with practical and theoretical sports related skills. The programme is open to women and men aged over 18 years.

Modules include:

- Sports Coaching
- Physical Activity Training
- Sports First Aid
- Personal Development
- Job Readiness Skill Development
- Job Placement Experience



**Community Coaching Participants
with Tutor Lisa O'Dowd**

The programme is delivered 2 days per week over a 12 week period which includes 1 week of work placement (flexible); if you are unemployed this will not affect your social welfare payment.

Places on the programme are limited, short listing applies.

To register your interest and to receive an application form contact David McCaffrey at 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:

- Buntús Programme
- Cycle Safety Programme
- Sports Hall Athletics
- Be Active ASAP
- Play Rugby Programme
- 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

Be Active After School Activity Programme (ASAP)

Be Active ASAP trained schools

Be Active ASAP trained school locations are now available on the website.

Please visit <http://www.beactiveasap.ie/the-programme/trained-schools> for the updated map.



Programme Evaluation

Be Active ASAP will be undergoing a programme evaluation in September 2016. In the Autumn, we will be contacting schools to ask them about their experiences of the programme. We would appreciate your valuable input as the information you provide will inform future studies in the area.

Mid year summary

Be Active ASAP tutors nationwide have trained 88 schools so far in 2016. Teacher training has been held in: Cavan, Donegal, Galway, Kildare, Laois, Limerick, Longford, Louth, Mayo, Meath, Monaghan, Offaly, Waterford, Wexford, Wicklow and all across Dublin. As the expressions of interest have been coming in for the remaining counties, we will be holding training in the Autumn in Carlow, Clare, Cork, Kilkenny, Leitrim, Roscommon, Sligo, Tipperary and Westmeath in addition to a number of second sessions in the counties listed above.

Please express your interest here: <http://www.beactiveasap.ie/contact/expression-of-interest>

For further information, please contact Paul Friel on 046-9067346.

Schools Section

Primary School Cycle Safety Programme

The Cycle Safety programme provides safe cycle training skills for classes from 3rd through to 6th class.

An estimated 1700 children from 55 schools within Meath will receive training by year end 2016.

Cycle Safety is co-ordinated by Meath LSP and rolled out with the support of the Road Safety Authority and sponsors Eurolink.

The components of training include:

- Stopping and starting safely
- Bicycle maintenance
- Signalling and road positioning
- Overtaking
- Lifesaver look



L to R: Barbara Connolly – Cycle Safety School, James Cannon – Superintendent Ashbourne, Ashling Connor – Community Garda Ashbourne, David McCaffrey – Meath LSP, David Shuller – Operations Manager Eurolink, Isabel Ortigosa – Eurolink, Michael Finnegan – Road Safety Officer Meath County Council, Cllr Gerry O'Connor, Morag McGowan – Principal St Paul's Ratoath, Michael Connolly – Cycle Safety School

Bicycles and helmets are supplied by the trainers with a maximum number of 30 per session. Schools can opt for annual training, bi annually or every 3 to 4 years depending on the number of children to be trained.

Please note a new standardised 8 week programme “Cycle Right” is due to commence nationwide in early 2017, schools currently on the programme will be given preference to transfer over, limited spaces are available for new schools to commence the programme this year so now would be an ideal opportunity to sign up.

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 form please contact Meath LSP at 046 9067337 or email dmccaffrey@meathcoco.ie

Schools Section



iRun for Fun for Secondary Schools

Meath LSP has teamed up with Athletics Ireland to offer an athletic based activity for secondary schools. The **iRunForFun** programme is free of charge, comes with a training diary and is suited to all abilities.

What is the iRunForFun Programme?

iRunForFun is a 6 week programme that has been designed to encourage engagement in physical activity in secondary schools. The programme culminates in a whole school challenge at the end of the 6 weeks.

How does the training work?

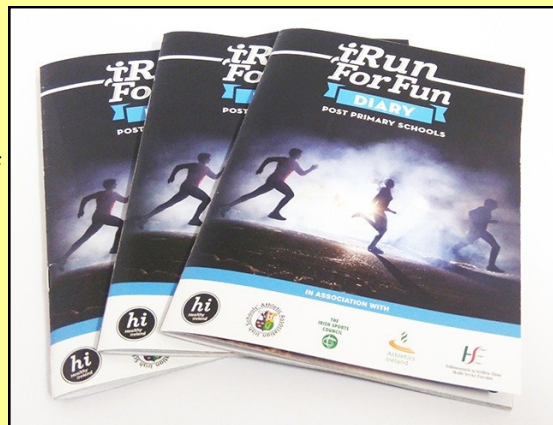
Every week there is a compulsory session that is outlined in the **iRunForFun** diary. Each session will take no longer than 10-15 minutes to complete and should take place during physical education (PE) class each week for a period of 6 weeks

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



Photos of Slane Castle 5km in aid of St. Patrick's NS Slane



Schools Section

Sports Leadership Award

Sports Leaders – An Accredited Award for Secondary School Students



L to R: Mags Bellew (tutor), Students of Loreto Secondary School Navan, David McCaffrey (Meath LSP) and Lisa O'Dowd (tutor).

Loreto Secondary School, Navan became the first school in Meath to complete the Sports Leaders Award. 40 TY Students undertook the 33 guided hours to complete the level 1 award.

The level 1 Award in Sports Leadership is accredited by Sport Ireland partners, Sports Leader UK and is for students wishing to pursue a career in sports, management or leadership with modules such as

planning and leading activities, health and safety, the role of officials and fair play in sport all covered.

Ruth Finneran, TY Co-ordinator with Loreto Secondary School thanked Meath LSP and said “it 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”.

Meath Local Sports Partnership in association with Sport Ireland and Dormant Accounts secured the funding to run this particular programme and we have again secured funding to run a limited number of programmes for the school year 2016-2017.

The programme is ideally suited to students of transition year. 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.

School places on this programme will be limited and offered on a first come first serve basis. To register your school's interest please contact David McCaffrey @ 046 90673367 or email: dmccaffrey@meathcoco.ie to receive an expression of interest form. An information session will then be organised in early September.

Older Adult Programmes

Games for Life

Active Retirement Bowls League Finals:

The Active Retirement Bowls League in association with Meath Zone Bowls recommenced Monday 8th February 2016. After 7 months of league games, the league finals took place on Wednesday 26th April in Simonstown GAA Centre.

Division 1 saw Kilmessan play Navan and Dunshaughlin play Oldcastle in the semi finals. The 2 former league winners Kilmessan and Dunshaughlin came out on top in two very closely contested matches. The final was an exhibition of bowls with Kilmessan coming out on top and crowned Division 1 Bowls League Winners.

In division 2, the semi finals included Carnaross 1 v Kilcock and Kingscourt v Carnaross 2. Carnaross 1 and Kingscourt made the final and produced an excellent match. Kingscourt eventually took the honours and won the division 2 Bowls league title.

The new league season begins in September 2016. New active retirement bowls teams are welcome to join. For further information, please call Ruairi on 046-9067337.



Carnaross Active Retirement Bowls Group



Action from the final!

Boccia League Finals:

The Boccia League commenced on Monday 4th April in Simonstown GAA Centre, 45 teams made up of active retirement and disability groups came together to participate in the league which we ran on a monthly basis.

The Boccia final took place on Tuesday 10th May, Dunboyne and Carnaross were the form teams and made it through to the final. After a very competitive match Dunboyne won their second league title with a very impressive display.



Dunboyne—Boccia League Winners

Older Adult Programmes

Games for Life

Go for life Games County Finals:

The Go for Life Games county final in Meath took place on Tuesday 24th May in Simonstown GAA Centre. This was the first time which ran a county finals and it was a huge success.

65 participants took part on the day, playing the following games:

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



Team Meath who went on to participate in National Games in DCU

The top 4 teams (Dunboyne, Wilkinstown, Moynalty and Kilmessan) contested in the county final with all four groups going forward to represent Meath in the National Go for Life Games in DCU on Saturday 11th June.

National Go for Life Games in DCU:

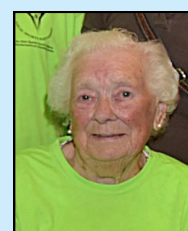


Tom Dunne from Dunboyne participating in the Go For Life Games in DCU

The Meath team which comprised of players from Wilkinstown, Kilmessan, Dunboyne and Moynalty participated in the 3 target games over the day. There were some exciting matches on display and a great atmosphere with over 300 older adults from around the country competing in the games.

Our men on the team really enjoyed the competition and the friendly rivalry with other counties. The men have really taken to these target games and are eager to play on a regular basis. Richard Farrelly from Kilmessan said *"these games look easy but there is a skill to them and you need to practice, we would love to play these games on a weekly basis"*

One of our other Meath players Millie Addison (photo on right) had a great day. Millie, 89, moved to Ireland to be with her family 6 years ago, she joined the Wilkinstown Active Retirement and loves getting out and being active. Millie's motto—*"it's never too late to get involved"*.



If you would like to try out the games or get involved contact Ruairi on 046-9067337.

Older Adult Programmes

Mature Movers

The 8 week programme for adults (50+) includes activities such as seated exercises to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises.



Mature Movers provides for a good social interaction, provides participants with an opportunity to relax, have a chat after their workout and enjoy some well earned refreshments.

One of the ladies in Mature Movers in Navan told us why she started Mature Movers and how she was getting on.

Mary has Parkinson's Disease and was struggling with her mobility and was using a walking stick. On seeing Mature Movers advertised she decided to give it a go. After participating in the programme for the last 16 weeks Mary has shown great improvement. She said *"I have found the class really beneficial, I was struggling to*

get out of a chair and with my grip because of my Parkinson's but I have seen massive improvement and I feel much stronger, it has changed my life".

Mature Movers will be in the following areas over the summer months:

- **Trim:** Mondays in Knightsbridge Nursing Home, Village Hall, Trim at 10am.
- **Navan:** Mondays in the Pitch and Putt Club at 11am.
- **Kells:** Thursdays in Kells People's Resource Centre at 11am-12pm.
- **Laytown:** Fridays in St. Colmcilles GAA at 11am.
- **Dunboyne:** Fridays in the Old School, Dunboyne at 10.30am.



Mature Movers in Trim

Disability Sport

Tee-rrific Pitch and Putt Programme for All

Over the past 5 weeks Meath Local Sports Partnership in conjunction with Navan Pitch and Putt Club, have successfully embarked on a pilot Pitch and Putt (P & P) programme aimed at children with additional needs. Thanks to the assistance of Mary Farrell (Meath P&P), Fergal Barry (Youth Development Officer, Meath P&P) and volunteers from Loreto Secondary School, seven children between 8-12 years of age, have been learning the basic skills of P & P for an hour each Wednesday evening and have been making immense improvements each week. The programme is designed to provide an additional sporting outlet for children with disabilities in their local community, while also equipping them with the basic skills of P & P to allow them to progress as players in their local clubs, if they so desire.



Participants of Navan P & P with Mary Farrell (Meath PPU); Fergal Barry (Youth Development Officer Meath PPU); Paul Hayes (Nat Development Officer PPU of Ireland); Elaine Banville (SIDO Meath LSP) and volunteers from the Loreto Convent in Navan.

The programme has proven to be a great success for all involved, including the P & P in Navan which has been rejuvenated with the addition of the seven smiling golfers arriving every Wednesday evening. Parents have also expressed their delight with the programme, with one parent remarking that “it is great to see him taking part in a sport which can be played at his own individual pace but in such an inclusive environment, it has really benefited him”. This pilot marks the beginning of a partnership project with the P & P Union of Ireland, to make the sport more inclusive of all abilities. If you are involved in a P & P club in Meath and interested in finding out more, or have a child who may be interested in becoming involved in this programme, please contact Elaine Banville, Sports Inclusion Disability Officer, on 0469067337.

Our sincere thanks to everyone who has made this programme possible, including Navan P & P club, our volunteers and coaches (Mary, Fergal and students from Loreto), and Paul Hayes from the P & P Union of Ireland.

Give Tag Rugby a “TRY”



Tag Rugby Participants

Leinster Rugby and Navan Rugby Club have been making a great effort to provide enjoyable Tag Rugby sessions in the sun over the last number of weeks to a number of enthusiastic children and adults. These sessions will continue to run during the summer and more players are encouraged to come along and give it a “TRY”!

For further information, please contact Elaine on 046-9067337.

Disability Sport

Cycling Programmes

The young people of Meath have been busy working on their cycling skills through our Learn 2 Cycle Programmes in Navan and Laytown and our Cycle Safety and Road Skills Programme in Ratoath.

The progress that all of these children have made over the 6 week block, under the wonderful instruction of Noel Connolly from the Cycling Safety School, has been truly immense to witness. To celebrate we will run an Inclusive Cycling Festival on 20th June in Fairy house Racecourse to showcase that "Everyone Can Cycle". See poster for more details.



Participants from the Cycling Safety & Road Skills Programme

A colorful poster for the 'INCLUSIVE CYCLING FESTIVAL' held on '20TH JUNE 2016' at '5-7PM' at 'FAIRYHOUSE RACECOURSE'. The poster features images of people cycling and lists activities: '3km Family Spin for All Ages and Abilities', 'Cycling Treasure Hunt', 'Obstacle Course', and 'Cycling Challenges'. It includes contact information for Elaine Banville, Sports Inclusion Disability Officer, and logos for Meath Local Sports Partnership, Bikeweek.ie, and Fairyhouse Racecourse.



Alison & Jack from Cycling Safety & Road Skills Class

Football for All

Ratoath FC Football for All Programme has been going from strength to strength thanks to the hard work of Raymond Hoare and his volunteering coaches.

The club would like to extend an invitation to any other players who would like to come along and join in the sessions on Saturday mornings.

We hope to take the players to mini league tournaments in the region over the coming Summer months.

For further information, please contact Elaine on 046-9067337.



Ratoath FC Football 4 All Players & Elaine Banville (SIDO Meath LSP)

Disability Sport

Wheelchair Multi Sport Club

On April 27th a crowd of eager and enthusiastic children and adults arrived to Beaufort College to try out Multiple Wheelchair sports from Hurling, Basketball, Badminton to Box Hockey. A great time was had by all and it was clear that there is a demand for a weekly Wheelchair Sport Club to run in Navan. In response to this demand, the Wheelchair Sport Club will commence on Wednesday 29th June from 5.30-8pm in Claremont Stadium and all ages and abilities are welcome.

The sports available will be as follows:

- 5.30pm-6.00pm: Boccia and Target Games
- 6.00pm-6.30pm: Box Hockey
- 6.30pm-7.00pm: Wheelchair Hurling
- 7.00pm-7.30pm: Wheelchair Basketball
- 7.30pm-8.00pm: Wheelchair Badminton



Meath's future Wheelchair Hurling Star!



Trying out Box Hockey



Some action from Seated Volleyball



Martha Smith trying Wheelchair Hurling

For further information, please contact Elaine Banville on 046-9067337.

Disability Sport

Summer 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	TBC	Commencing August	6-16 years	€35 for 6 week programme
Pitch and Putt Programme (6 Week Programme)	Ratoath and Kells	TBC	Commencing Mid July	8-18 years	€15 for 8 week programme
Tag Rugby for All (Adults)	Navan Rugby Club	5pm	Every Tuesday	Adults	N/A
Tag Rugby for All (Kids)	Navan Rugby Club	4pm	Every Tuesday	6-18 years	N/A
Wheelchair Multi Sports Club (5 Week Programme)	Claremont Stadium Navan	5.30-8pm	Wednesday 29th June	Children and Adults	€10 for 5 weeks
Learn 2 Fish Programme (4 Week Programme)	Rathbeggan Lakes	TBC	TBC	6-18 years	TBC
Summer Activity Camp	Claremont Stadium	10am-2pm	<u>Week 1:</u> Tuesday 9 th August- Friday 12 th August <u>Week 2:</u> Tuesday 16 th August- Friday 19 th August	6-15 years	TBC
Swimming Lessons	Knightsbrook Leisure Centre Trim	TBC	TBC	6-18 years	€99 for 10 weeks

For more information about these activities, please call Elaine on 046-9067337.

Calendar of Courses and Events 2016

Activity	Date	Time	Venue
June 2016			
National Bike Week 2016	11th—19th June	Various	Various (see page 2 for details)
July 2016			
An Post Meath Heritage Cycle Tour 2016—Family Spin (11km)	23rd July	5pm	Trim
An Post Meath Heritage Cycle Tour 2016—160km, 100km & 50km	24th July	Various	Trim
August 2016			
Meath Running Group—Block 3	17th August	7pm	Claremont Stadium, Navan
September 2016			
Safeguarding 1—Basic Awareness Workshop	19th September	6.30-9.45pm	Windtown Unity Centre, Navan
October 2016			
Sports Injuries First Aid	12th October	6.30-10pm	Windtown Unity Centre, Navan
Safeguarding 1—Basic Awareness Workshop	18th October	6.30-9.45pm	Trim
Safeguarding 2—Children's Officer Workshop	26th October	6.30-9.45pm	Windtown Unity Centre, Navan
November 2016			
Safeguarding 1—Basic Awareness Workshop	17th November	6.30-9.45pm	Windtown Unity Centre, Navan
Safeguarding 3—Designated Liaison Person Workshop	24th November	6.30-9.45pm	Windtown Unity Centre, Navan

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

Meath Local Sports Partnership, Enterprise Centre, Trim Rd, Navan. Tel: 046-9067337 Email: mlsp@meathcoco.ie