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Men on the Move

The Men on the Move project is back, the FREE physical activity programme will be rolled out over 12 weeks (2 blocks of 6 weeks) in 4 areas around the county.



Men on the Move aims to provide men aged 30 plus with more opportunities to become physically active. Other components of the programme include fitness testing, healthy eating, maintaining life-style changes and stress management.

The Men on the Move project will be delivered in Navan, Kiltale, Dunshaughlin and Laytown/Bettystown.

- Dunshaughlin on Tuesdays at 7.30pm in St. Patrick Hall.
- Kiltale on Wednesdays at 8pm in Kiltale GAA.
- Navan on Thursdays at 8pm in Claremont Stadium.
- Laytown/Bettystown starting on Monday 2nd November at 7.30pm in St. Colmcilles GAA.



If you or anyone you know would like to participate in this programme please contact Ruairi Murphy, Meath Local Sports Partnership on 046-9067337 or email rmurphy@meathcoco.ie

Support received from the following councillors:

- Cllr. Joe Reilly (Navan)
- Cllr.'s Enda Flynn, Ronan McKenna & Caroline Lynch (Kiltale)
- Cllr.'s Gerry O'Connor & Nick Killian (Dunshaughlin)
- Cllr.'s Sharon Tolan & Sharon Keogan (Laytown/Bettystown)

Their support ensured that the Men on the Move programme continued to be rolled out in those areas. This support is greatly appreciated by Meath LSP.



Community Activity Programmes

Dormant Accounts Funding

Meath LSP has received funding through Dormant Accounts for the Community Coaching Programme and the Sports Leaders programme for Secondary Schools.



Community Coaching Programme

Are you interested in Sports Coaching? Yes?

Meath Local Sports Partnership is running a Community Coaching Programme in Meath.

The programme is open to men and women aged over 18 years.

Programme runs two days a week from approx. 9am to 5pm with a four week flexible work placement.

Modules to include:

Job Readiness Skills Development

Personal Development

Sports Coaching Training

Physical Activity Training

Job Placement Experience

Deadline for applications is 11th November.

For more information or to register contact David McCaffrey at 046-9067337.

Sports Leaders

An Accredited Award for Secondary School Students



Meath Local Sports Partnership in association with the Irish Sports Council and Dormant Accounts has secured funding to run an accredited Sports Leadership level 1 course for secondary school pupils. The programme is ideally suited to students of transition year.

The award will take approx 33 guided learning hours. However, various factors such as the learner/tutor ratio, the numbers of learners, and the experience levels of the learners will influence the time allocated to the delivery of any given course.

The level 1 Award in Sports Leadership is accredited by ISC partners, Sports Leader UK.

For students wishing to pursue a career in sports, management or leadership this is their opportunity to get ahead in terms of their own career pathway.

Each course is designed for 16 students per tutor. Schools may opt to work with 16 students on one course or we can provide 2 tutors and deliver to 32 pupils simultaneously. This may work better for TY groups.

To book your place or for further information please contact David McCaffrey, Meath LSP, Enterprise Centre, Trim rd, Navan, Co. Meath email: dmccaffrey@meathcoco.ie

Community Activity Programmes



NEW Parkrun Navan

The inaugural Navan Parkrun took place on Saturday last, 17th October. Parkrun is a free, weekly, 5km timed walk/jog/run for all ages and abilities in Blackwater Park, Navan. Navan Parkrun takes place every Saturday morning at 9.30am sharp.

Register through www.parkrun.ie/register
www.facebook.com/navanparkrun



Participants from Moynalty at the inaugural Parkrun in Navan

Meath Mental Health Week

Meath Mental Health week took place from the 4th to the 10th of October. The week was organised by Meath Local Sports Partnership in association with Meath County Council; HSE; Jigsaw Meath; SHINE; IFA; GAA; Job-matters Meath; SafeTalk, GROW & See Change.

The aim of the week was:

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



Meath Mental Health Week Launch

Contact details for organisations involved in Meath Mental Health Week:

Jigsaw Meath (supports Young People's Mental Health) Contact Sinead 046 9071702

HSE (Working with families to support positive Mental Health) Contact Bridget 087 9514530

HSE (Importance of Lifestyle Balance) Contact Michelle 087 7414400

See Change (Working to reduce stigma of mental health) Contact Sorcha 01-8601620

GROW (12 step principle to positive Mental health) Contact Mary 085 12625966

SAMARITANS (working to alleviate emotional distress) Contact helpline 116125 (free call)

Funding for the week was provided under Meath County Council's Community Grant Scheme, by Meath Employability Services and by Cllr.'s Francis Deane, Sinead Burke and Wayne Forde.

Community Activity Programmes



Smarter Travel Fitwalk



The Smarter Travel Workplaces Pedometer Challenge 2015 kicked off and as part of this national event the staff of Meath County Council signed up for a four week **FitWALK** programme which is led by Meath LSP.



Some MCC staff members taking part on Meath LSP's FitWALK programme

The Pedometer Challenge is an event to promote walking. Participants steps are logged using a pedometer on a daily basis over the four week period. The challenge for participants is to log up to 10,000 steps per day.

Meath LSP's **FitWALK** programme (3.5km weekly walk) will help the participants to achieve this target. Aside from the steps taken, this programme also aims to encourage better posture while also learning the different walking techniques such as stride walking and power walking.

More information about Smarter Travel programmes contact Lara Fagan at Meath County Council Transport Section 046-9097165.



Kid's Cycling Club

Skane Wheelers Kilmessan are delighted to announce that, in the coming weeks, they will be launching their Kid's Club. This will be specifically aimed at children who are able to ride their bikes without stabilisers between the ages of 5 and 11 years.

In Kids Club, the children will be taught basic cycling skills like balancing, braking, cornering and pedalling. It will also help develop confidence for riding in small groups, all of these are all essential skills, which should be developed before a child is ready to start cycling on the open road. The club will be run on a weekly basis on early Saturday afternoons for 1 hour in the playground of Kilmessan NS. Training will be delivered by a number of members from the club, who have recently been trained in Cycling Ireland's "Sprocket Rocket" training course.

For any child wishing to join the club, a helmet, gloves and a fully functioning bike are essential.

At this time Skane Wheelers are looking for a rough idea of numbers, so they can plan accordingly. Parents who may be interested should contact Skane Wheelers by emailing skanewheelers@gmail.com or find them on Facebook.

Cycle Tour Charity Presentation



Presentation to the Friends of St. Joseph's Hospital in Trim from funds raised at the An Post Meath Heritage Cycle Tour 2015

An Post Meath Heritage Cycle Tour 2015

Tour de Meath – out in force!

Over the weekend of the 25th & 26th July the County of Meath became the cycling destination of choice for almost 4000 cyclists in the seventh An Post Meath Heritage Cycle tour.

The weekend kicked off with the 11k family spin on the Saturday with 600 cyclists from 6 year olds to the glamorous Grandmas and Grandads – all thoroughly enjoying themselves. On their return to Trim, Mr. Tayto was on hand to distribute certificates and freshly made tayto crisps.



Mr. Tayto officially starts the 11km Cycle

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

Having stopped for refreshments in Jack Quinns, the young cyclists made their way back to Trim where they enjoyed an evening of free activities.

Conditions on Sunday 26th saw weather which would test the most hardened of cyclists. Over 600 brave cyclists took on the 160k route and headed up the hills of Tara, Skryne and Loughanlea. Against a head wind that started in Trim and didn't let up for many until they got to Athboy, the 160k proved a tough test. The warm welcome and tea in Cormeen at the food stop was very well received. 1450 cyclists completed the 100k route, with almost 1000 taking on the Hill of Tara on the 50k.

Local celebrity, Fergus Cosgrove was on hand to act as the starting marshal on the 50k route. Fergus, aged 9 learned to cycle independently earlier in the year through one of Meath LSP's cycling safety courses. Fergus and his mum and two brothers completed their first ever 11km cycle spin as a family with Dad participating on the 50k on the Sunday.

Photos and videos from the day are available on [Cycle Tour Photo Gallery](#) on our website www.meathsports.ie



Fergus Cosgrove, with his mum Ellie & Meath LSP Co-ordinator Mary Murphy

Community Activity Programmes

An Post Meath Heritage Cycle Tour Charity

The nominated charity for the event was the Friends of St Josephs Hospital in Trim who assisted over the weekend of the tour by marshalling at the car park area and serving food in the marquee. Friends of St Josephs Hospital provide much needed support towards the comfort needs of the patients. Funds raised through the cycle for the charity was €6782.

Particular praise must go to the community areas that open up their facilities to cater for the cyclists: Ryan's of Gormanlough; Maguire's Café, Hill of Tara; Jack Quinn's, Scurlogstown; Bohermeen Community Centre; Bawn Inn Athboy & Cormeen Community centre and Kiltale GAA. Special thanks were extended by Mary Murphy, Event Coordinator, to the Gardai; Meath Civil Defence; HSE Ambulance service; Slane Motorbike marshals and the many volunteers, organisations and support staff who gave of their time to ensure that the 2015 cycle tour was a success.

The An Post Meath Heritage Cycle tour is fast becoming one of the main calendar events in the cycling calendar. Mary Murphy attributed the popularity of the tour to the countless hours of preparatory work undertaken by a dedicated team of people all intent on providing professional and expert service to all who participate in the An Post Meath Heritage Cycle Tour.

Further thanks was paid to An Post; the Irish Sports Council; Trim Municipal District; Meath County Council; Meath Tourism; OPW; Trim Castle Hotel; Dunnes Stores; Glanbia; Trim, Dunboyne, Moynalty & Bohermeen Cycling clubs, Cycleways, TC Racing, Aura Centre, Physios, the Meath Heritage Cycle Tour committee & the Board and staff of Meath LSP for working together to ensure that the An Post Meath Heritage Cycle Tour of 2015 was truly a memorable event.



An Post Meath Heritage Cycle Tour 2015 - Massive Thanks!

The tour would not be a success without the hard work of the 350 volunteers who give their time to marshal junctions, give directions, provide refreshments and most of all give much needed encouragement to cyclists along the route.



Some volunteers on the tour

Particular thanks to the remarkable and entertaining MC – the legend that is Eamonn Duffy.

The An Post Cycle Series is run in association with the Irish Sports Council, An Post and 5 Local Sports Partnerships.

See pages 18 & 19 for more photos from the event.

Club Section

Facilities Directory Update

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

We have a comprehensive

CLUB & FACILITIES LISTING

We have a comprehensive Facilities Listing of sport and leisure facilities in Meath on our website. See <http://www.meathsports.ie/clubs-facilities/facilities-directory/>

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

Thanks for your assistance.

Sports Injuries First Aid

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

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

Course Content

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

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

This workshop run over one evening is proving very popular for sports club volunteers in the county. Please check out our calendar for upcoming workshop dates.

We will also be arranging dates in the new year see www.meathsports.ie/events/



GET IRELAND ACTIVE WEBSITE

A one stop shop for:

- getting active and staying
- Sports Clubs & leisure facilities promote your events and activities here.

To advertise your event log on to www.getirelandactive.ie and simply click on 'Submit Event' on the home page

Club Section

Sports Capital Programme 2015

Minister for Sport, Michael Ring, TD, announced €41 million in funding under the Sports Capital Programme (SCP) 2015. This is the third round of the Sports Capital funding allocated under Minister Ring.

A total of €130 million has been allocated by the Minister for sporting facilities in recent years with €31 million allocated in 2012, €40.5 million provided in 2014, €41 million in 2015 and a further €17 million made through special allocations in recent years.

These allocations have provided support for more than 2,600 projects nationally.

In total between Local and non local projects Meath was allocated €1,961,848

Non-Local Projects - Meath and District League €121,643

Local Projects Total - €1,840,205

Ashbourne United Association Football Club Limited
€30,000

Ballinlough Gaelic Football Club €80,000

Ballivor G.F.C. €44,000

Bective GAA Club €31,000

Boyne Hockey Club €800

Castle Villa AFC €63,000

Castletown GFC €38,000

Clonard G.A.A. €123,000

Coolmine Gymnastics Club €14,000

Cortown GFC €8,000

Drumconrath GFC €31,000

DUNBOYNE AFC €15,000

Dunshaughlin Community Centre Ltd €18,000

Enfield Celtic FC €100,000

KNOCKHARLEY CRICKET CLUB €6,000

Meath Hill GFC €33,000

Na Fianna Hurling and Football Club €120,000

Navan Pitch and Putt Club €85,000

Omega Sub Aqua Club €16,000

Parkvilla Football Club €17,000

Rathkenny A.C. €18,000

Ratoath GAA Club €12,000

Ratoath Rugby Football Club €132,000

Ratoath Tennis Club Ltd €32,000

Ribbontail Paddlers Canoe Club €5,000

Skryne Gaelic Football Club €100,000

SLANE GAA CLUB €110,000

St. Brigid's GFC €27,000

St. Mary's GFC €123,000

St. Michael's G.F.C. €62,000

St Patrick's GAA Club €23,000

St. Vincent's GFC €40,405

Stackallen Lawn Tennis Pitch & Putt Club €14,000

Summerhill GFC €65,000

Trim Canoe Club €6,000

Trim GAA €65,000

Trim Tennis Club €63,000

Walterstown GFC €70,000

Education and Training

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

Basic Awareness Workshop | 20th October 2015 | 9th November 2015 | €20pp

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



This course is a must for anyone working with children!

All Coaches, Club Children's Officers and Designated Liaison Persons must complete the 3 hour Safeguarding 1 Child Welfare & Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

Further Information and to download an application form <http://www.meathsports.ie/event/5048/>

Is your club interested in hosting its own Child Protection Training?

Should your club be interested in hosting its own Safeguarding 1: Basic awareness workshop for your own sport club trainers/leaders and volunteers, you can now do so by contacting Meath LSP office on 046 9067337.

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

Tuesday 17th November 2015 | 6.30pm to 9.30pm | Windtown Unity Centre, Navan | €20 per person

It is recommended that **all clubs should appoint a designated Children's Officer who should then attend this training for the role** which is vitally important in keeping adults and children safe and happy within the club environment. Meath LSP cannot emphasise enough to clubs the importance of this course in helping the Children's Officer deal with new legislation and the safe guarding of coaches, children and volunteers within their club. (*Participants must have completed the Safeguarding 1 basic 3 hour Child Welfare & Protection Training Course in advance of this training*). For further details see <http://www.meathsports.ie/event/safeguarding-1-club-childrens-officer-workshop/>

Safeguarding 3: Designated Liaison Person (DLP) Workshop

The third part of the ISC Child Welfare & Protection Training Programme is the Designated Liaison Person workshop.

Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children. The *Designated Liaison Person* is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI. It is recommended that this person is a senior club person. However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as *Designated Liaison Person* once the club/organisation is clear about the responsibilities of each role. The organisation's child protection policy and procedures should include the name and contact details of the *Designated Liaison Person* and the responsibilities attached to the role.

A person appointed to the *Designated Liaison Person* position in a club must have completed the Basic Awareness Workshop in Child Welfare & Protection and should complete the **NEW Designated Liaison Person 3 hour workshop**. A club may appoint the same person to both the CCO and DLP positions however best practice advises that they are kept as separate roles.

This workshop will be available to clubs in early 2016

Older Adult Programmes

Meath Mature Movers

The Mature Movers Activity Programme is currently running in 8 areas until the end of the 2015.

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 is a great social outlet as participants get a chance to relax, have a chat after their workout and enjoy refreshments. If you would like to get involved in the Mature Movers programme please come along to one of the areas listed below and give the programme a go!



Trim: starting Monday 9th November in Knightsbridge Nursing Home, Village Hall, Trim at 10am.

Navan: starting Monday 9th November in the Pitch and Putt Club at 11am.

Kells: starting Thursday 5th November in Kells People's Resource Centre at 11am.

Oldcastle: starting Thursday 15th October in the new Parish Hall, Oldcastle at 2.45pm.

Moynalty: starting Wednesday 28th October in Muintir na Tire Hall, Monalty at 7pm.

Simonstown: starting Thursday 15th October in Simonstown GFC Centre at 11am

Athboy: Wednesday's in St. James Hall, Main St. Athboy at 11am until Wednesday 4th November.

Laytown: Wednesday's in St. Colmcilles GAA at 11am until Wednesday 4th November.



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

Older Adult Programmes

Games for Life

Active Retirement Bowls League

The Active Retirement Bowls League in association with Meath Zone Bowls will recommence Monday 5th October 2015. There will be 2 divisions. Kilmessan and Dunshaughlin 2 will be hoping to retain their division 1 and division 2 titles.

Kurling League

The 5th annual New Age Kurling League is under way, 25 older adult and disability groups are currently getting in some valuable weekly training sessions before the next league meeting on Tuesday 20th October. Dunboyne Rehabcare will be hoping to retain their title in 2015.



Box Hockey Tournament

The first ever Box Hockey Tournament will take place on Tuesday 24th November at 11am in Simonstown GFC Centre.

All active retirement and disability groups will be invited to participate on the day. If your group is interested in participating please contact Ruairi on 046-9067337.



Fitness Made Easy

“Fitness Made Easy” is a 5 week gym based programme for over 50’s which will commence on Tuesday 10th November at 11am in Club Active, Navan. The programme will introduce older adults to the new Easyline equipment in Club Active with experienced tutors.

Fitness Made Easy gives older adults the opportunity to enter the gym environment as a group which in turn increases their confidence and self esteem. Other benefits include:

- Improved strength and mobility
 - Improved mood and general wellness
 - Improved flexibility & balance
- Improved ability to perform everyday tasks



Easyline makes exercise fun, simple and achievable for all abilities. So come along and bring your neighbours and friends. €20 for 5 weeks (that’s just €4 a session!) To book your place contact Ruairi at Meath LSP on 046-9067337.

Older Adult Programmes

ACTIVE MINDS **NEW PROGRAMME FOR PEOPLE WITH DEMENTIA** **PILOTED IN MEATH!!**



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

Active Minds is an initial 8 week programme made up of 2 weekly activity sessions of 30 minutes duration. The programme aims to facilitate and empower people with dementia (early onset), their carers and siblings in maintaining functional independence and improving quality of life.

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

The project commenced Monday 14th September in the 3 selected settings – St. Brigid's Day Care Centre, Whistlemount Day Care Centre and Knightsbridge Nursing Home.

The participants, carers and family members are really enjoying the activity programme so far.

The anticipated benefits of the

Active Minds programme after the 8 weeks are:

- Improved strength and mobility
- Improved cognition
- Better posture
- Increased energy
- Improved flexibility & balance
- Better sleep patterns
- Relaxation and reduced stress
- Improved self esteem
- Improved mood and general wellness
- Improved ability to perform everyday tasks like walking and standing



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

Schools Section

What we offer schools

Meath Local Sports Partnership offers a variety of programmes to schools in support of physical education and in particular the Active Schools Flag.

Programmes include:

- Play Rugby Programme
- Sports Hall Athletics
- Cycle Safety Programme
- Buntús Programme
- Be Active ASAP
- School sports day training workshops
- National initiatives such as Bikeweek, National Recreation Week and National Playday.

If you would like further information on any of the above programmes see www.meathsports.ie or if there is any other way that Meath LSP can assist your school contact us at 046 9067337 or email mlsp@meathcoco.ie



Play Rugby Programme

Meath Local Sports Partnership continues its partnership with the IRFU and Leinster Rugby in rolling out the Play Rugby initiative to Primary Schools in Meath.

The goal of Play Rugby is to introduce rugby to as many children as possible. The initiative is aimed at 3rd, 4th, 5th & 6th classes and consists of training sessions with a local Community Rugby Officer (CRO) working on behalf of Leinster Rugby.

These sessions are designed to have full participation by pupils in a fun, safe environment. They are suitable for both boys & girls and are non-contact.

As part of the initiative schools will also receive a Play Rugby pack. The Play Rugby pack contains Rugby balls, cones, bibs, game cards & certificates.

The Community Rugby Officer (CRO) will deliver one session per week for a minimum of 4 weeks in the school. Currently there is no cost to the school for the Play Rugby initiative.

Schools interested in availing of the Play Rugby training can contact Colm Finnegan, Leinster Rugby at 01 269 3224 or Meath Local Sports Partnership @ 046 9067337.



Schools Section



SPORTSHALL Athletics Programme



Meath Local Sports Partnership will continue the roll out of the primary school indoor athletics programme SPORTSHALL.

The Programme Format:

- The programme is suited for both boys and girls classes from 3rd class through to 6th class.
- Schools may nominate a maximum of 4 teachers to attend a teacher training session
- Training will be delivered at a central venue, where possible during school hours from October 2015 onwards.
- Teacher Training will be 3 hours in duration
- Training equipment will be provided on a loan basis to each participating school
- Schools will deliver a minimum of 5 training sessions over the 5 week period – of these 5, 2 sessions will be supported by Meath LSP athletics tutors



In Spring 2016 Meath LSP will be calling for expressions of interest from schools for the opportunity to take part in the highly successful programme that is growing nationwide.

Programme Cost:

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

Please note that the SPORTSHALL equipment is limited therefore the programme will be offered to schools on a first come first serve basis.

For more information please contact David on 046-9067337 or email dmccaffrey@meathcoco.ie



Team Meath 2015!

Schools Section



Primary School Cycle Safety Programme

The Cycle Safety programme for primary schools in County Meath continues to grow in popularity, so much so that the calendar year 2015 is fully booked.. 1600 children will receive training by year end.

This programme provides safe cycle training for classes from 3rd through to 6th class.

Schools can opt for annual training, bi annual or every 3 to 4 years depending on the number of children to be trained. Bicycles and helmets are provided for up to a limit of 30 children per class.



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

Should you wish your school to take part on this programme from next January 2016, an expression of interest form must be completed. To receive this form please contact Meath LSP at 046 9067337 or email dmccaffrey@meathcoco.ie

Buntús Training in Primary School

To date Meath LSP have trained 115 Primary Schools in Meath in the Buntús Generic Programme. The programme has proven to be hugely successful and popular with teachers and students alike, due in no small part to the school's commitment to the programme.



To ensure that the continuation of this programme is a success we would like to offer training for new teachers in your school that may not have received training previously or refresher training for those that would like to the skills they received first time around.

To express your school's interest in this training please complete the expression of interest form available online <http://www.meathsports.ie/young-people-schools/buntus-programme/buntus-training-expression-of-interest/>

Once there is sufficient interest in training we will schedule a training date. There will be a nominal charge for the training.

Should you have any queries please contact Marcella on 046-9067337 or email mlsp@meathcoco.ie.

Schools Section



Be Active After School Activity Programme (ASAP)

Be Active after School Activity Programme is actively accepting expressions of interest for the academic year 2015/2016.

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

Takes place after school on school grounds.

This offers a safe, familiar, convenient setting for an age-appropriate introduction to after-school physical activity.

Designed for 7-8 year olds.

This is an age at which children begin to make decisions regarding their likes/dislikes or abilities regarding physical activity.

Led by trained teacher leaders.

Teachers were chosen to lead the programme as they have the knowledge to adjust activities to challenge children appropriately, irrespective of ability.

Involves parents in their children's physical activity.

Parental support is crucial to the programme to improve the adult: child ratio, to support the teacher and to set a good example for the children.

Gives children the chance to succeed.

This programme concentrates on building confidence across a broad range of activities echoing the Physical Education Curriculum for Primary Schools experienced by children during the school day.

The programme is **Free** of Charge to Schools

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

New/retrained schools in Meath

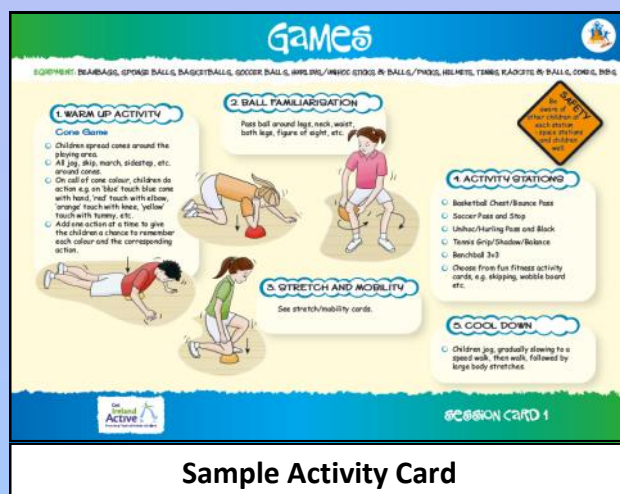
Congratulations to Gibbstown NS, Ashbourne Educate Together and Enfield NS who completed teacher training in the Be Active after School Activity Programme in the past month. We hope all teachers, children and parent leaders thoroughly enjoy participating in the programme.

Expression of Interest & Contact Details

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

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

The programme is funded by the HSE in association with the Irish Sports Council and St. Patrick's College of Education, Drumcondra.



Sample Activity Card



Active School Flag

The *Be Active ASAP* can help your school achieve the Active School Flag. In order to receive the flag, schools must complete a series of review areas.

Be Active ASAP complements a number of these review areas enabling schools to attain the flag through participating in the programme within the school.

Disability Sport

Learn 2 Cycle Programme Laytown

Meath LSP recognises the importance of cycling for the inclusion of children with a disability in recreational activities. On Thursday 17th September Meath LSP commenced the cycling programme in Laytown.

The aim of the 6 week programme is to teach children to cycle independently. Key elements of the programme include:

- Better bike balance
- Coordination skills
- Use of Pedals

14 children participated in the programme with 13 children learning to cycle independently.

I never thought it was possible for my son to cycle. We were told many years ago that it wouldn't be possible. But through this programme he is cycling independently and we just cannot believe it. It is truly amazing. It is life changing for him.

If you would like to book your child into one of our disability sports Programmes or you require further information please contact Aine Coogan, SIDO on 046 9067337 or email acoogan@meaythcoco.ie A calendar of activities for Autumn/Winter is available on the back page



Wheelchair Hurling Programme



**For Manual chair users
Aged 7 years +**

**In
Simonstown GFC,
Navan
From 6.30pm -
7.30pm**



The programme contains all the skill of its on-field equivalent.

This programme is part of the GAA's inclusion initiative to make their games more accessible to all.

Disability Sport

Summer Camp

Meath LSP in association with the Meadows Respite Centre provided two summer camps during August. The aim of the project was to introduce children with disabilities to the number of activities that they might not have experienced before. It is hoped that after the completion of the project the children will join local community groups/clubs. In turn increasing the number of children with disabilities participating in community based sport and physical activity programmes on a regular basis.

Secondary outcomes of the programme for the participants include:

- Increased self confidence
- Enhanced physical functioning
- Social acceptance of children with disabilities by their peers in a sports setting
- A sense of belonging as children with disabilities often feel isolated as a result of their disability.



The programme provided children with the opportunity to create peer supports within the community while allowing parents/carers, volunteers and family members as well as the participants, to focus on the participants ability. A total of 12 children participated in the Summer Activity Camp and 7 children participated in the Summer Swimming Camp. A special thanks to Cllr. Sinead Burke for her support with this project. It is greatly appreciated by everyone involved.

Parents Feedback:

"I never thought my child would mix with other children they way he has. This will make a huge difference to us a family".

"My children have never had a opportunity to participate in a intensive summer swim programme like this. It is great. It bridges the gap from what they learned through their school swimming programme. This will allow them progress on at a faster rate when they return in September".

Plan2Inclusivize

Aine Coogan recently travelled to Togo, West Africa representing the CARA APA centre on the Plan2Inclusivize project. The "Plan2Inclusivize" Sports Inclusion programme was developed by Plan International, CARA National Adapted Physical Activity Centre Ireland and the UNESCO Chair IT Tralee. This "Plan2Inclusivize" programme focused on education to demystify disability and reframe perceptions of disability as well as the delivery of a contextually relevant training programme in Togo.

On her return Aine outlines her experience " this is such an inspiring project to be involved in. It was an amazing week of training, activities and future planning with all the organisation involved- Plan International Togo, Togolese Paralympic committee, Togolese Special Olympics and the National Institute of Physical Education and Sports. I look forward to hearing from the organisations who received the training on their developments in community mobilisation of inclusive sports throughout Togo".



Disability Sport

Autumn/Winter Activities Programme 2015

<u>Activity</u>	<u>Venue</u>	<u>Time</u>	<u>Date</u>	<u>Age</u>	<u>Cost</u>
Football4All Programme with Ratoath FC	CODLISS Soccer Pitches Graveyard Cross Roads, Skryne Rd, Ratoath	10am – 11am	Every Saturday	6-16 years	n/a
Wheelchair Hurling Programme	Simonstown GFC, Navan	6.30pm - 7.30pm	Tuesdays (fortnightly)	Adults & children	n/a
Rugby 4 All programme	Navan Rugby Club	5pm-6pm	Mondays From 2 nd Nov.	8 years +	n/a
Learn 2Cycle Programme (6 week programme)	Navan	6.00pm – 7.00pm	Commencing March 2016	6-16 years	€35 for 6 week programme
Wheelchair Basketball Club	Gormanston College	6pm-7.30pm	Every Tuesday	Adults	n/a
Powerchair Football Club	Navan	6pm – 7pm	Various Dates	Adults & children	€5 per session
Horse Riding Programme (4 week programme)	Brookfield Stables, Navan	Lessons Tuesdays from 3.30pm	Ongoing	5 years +	€60 for 4 week programme
Club Ash Special Olympics Club	Ashbourne Community Centre	10am-11am	Every Saturday	6 years +	On registration
Royal Rover Special Olympics Ladies Soccer Club	MDL Navan	6pm-7pm	Every Tuesday	16 years +	On registration
Special Olympics Club Navan (Basketball & Athletics)	Claremont Stadium, Navan	7pm-8pm	Every Friday	6 years +	On registration

Football 4 All programme

The aim of the Football 4 All club programme is to provide regular weekly training sessions for children with disabilities in their locality and is open to all children with a disability aged between 6 to 14 years old. This programme ensures the inclusion of children of all abilities into the soccer community.

Currently the Football 4 All programme is being run in Ratoath Celtic FC. The Football 4 All programme in Ratoath Celtic FC is breaking down barriers by allowing the club to become more inclusive, guaranteeing that all children regardless of ability will in the future have the same opportunity to play football in their local club.

Details of Ratoath Celtic FC

Football 4 All Programme

Date: Every Saturday

Venue: CODLISS Soccer Pitches, Graveyard Cross Roads, Skryne Road, Ratoath

Time: 10am-11pm

Pre booking is essential.

An Post Meath Heritage Cycle Tour 2015



Statistics—An Post Meath Heritage Cycle Tour 2015

Meath Local Sports Partnership is delighted with the growing number of participants in the An Post Meath Heritage Cycle Tour and in particular the number of Meath participants taking part year on year.

This year 1558 Meath people took part across the four distances which represents 49% of the total participants.

Route	2009	2009 Meath Participants	2010	2010 Meath Participants	2011	2011 Meath Participants	2012	2012 Meath Participants	2013	2013 Meath Participants	2014	2014 Meath Participants
10k/11k/12k	-	-	109	99	239	197	404	337	426	356	502	383
40k/50k	92	59	270	136	413	228	735	361	755	379	803	421
100k	127	52	512	178	786	265	1275	502	337	502	1496	587
160k	84	33	340	65	380	108	575	175	640	164	630	190
Total	303	144	1255	475	1818	798	2989	1375	3158	1401	3431	1581
% increase on previous year			314%		45%		64%		5.7%		8.6%	

2015 Cycle Tour Routes	Total Cyclists	Meath Cyclists
11k	561	450
50k	778	426
100k	1336	519
160k	505	163
TOTAL	3180	1558



Date for your diary

An Post Meath Heritage Cycle Tour 2016 will take place on the weekend of the 23rd & 24th July 2016 so mark your calendar now!

Visit the Cycle Tour Photo Gallery for lots more great pictures and videos from the day.
<http://www.meathsports.ie/cycle-tour/photo-gallery/>

An Post Meath Heritage Cycle Tour 2015—in Pictures



An Post Meath Heritage Cycle Tour 2015—in Pictures



Calendar of Courses and Events 2015

Activity	Date	Time	Venue
Mature Movers activity programme			
Laytown	Wednesdays until 4th November	11am	St. Colmcille's GAA
Athboy	Wednesdays until 4th November	11am	St. James's Hall, Main Street
Moynalty	Starting 28th October	7pm	Munitir na Tire Hall, Moynalty
Oldcastle	Starting 15th October	2.45pm	New Parish Hall, Oldcastle
Kells	Starting 5th November	11am	People's Resource Centre
Navan—Pitch and Putt Club	Starting 9th November	11am	Pitch and Putt Club
Navan—Simonstown	Starting 15th October	11am	Simonstown GFC, Navan
Trim	Starting 9th November	10am	Kinghsbridge, Trim
Men on the Move			
Navan	Thursdays from 8th October	8pm	Claremont Stadium, Navan
Dunshaughlin	Tuesdays from 6th October	7.30pm	St. Patrick's hall
Kiltale	Wednesdays from 7th October	8pm	Kiltale GAA
Safeguarding 1: Child Protection Awareness Workshop	9th November	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Safeguarding 1: Child Protection Awareness Workshop	7th December	6.30pm to 9.45pm	Windtown Unity Centre, Navan
Safeguarding 2: Club Children's Officer	17th November	6.30pm to 9.45pm	Windtown Unity Centre, Navan

If you are interested in other workshops such as ACTVIE LEADERSHIP TRAINING please contact the Meath LSP office on 046067337

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