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

## Royal County 5km & 10km Run/Walk Kells—Bank Holiday Monday 1st May!

AAI licenced – chip timed event

### Royal County 5km & 10km

KELLS - 1ST MAY 2023



Technical t-shirt  
included in price

**Register early** to  
guarantee your t-shirt  
before the event!

REGISTER TODAY AT

**meathsports.ie**

**ENTRY: 10K €25 | 5KM €20**

NO REGISTRATIONS ON THE DAY

Participants must be over 16yrs to enter the 10km and  
over 12yrs to enter the 5km distance.

The much-anticipated Royal County event returns to Kells on the May Bank Holiday Monday this year. It's the 12<sup>th</sup> year of this hugely popular event. Once again there are two distances for people to enter – 5km & 10km, participants are welcome to walk, run or jog the events. For the competitive runners, prizes will be awarded to top male and female finishers.

Virtual option available (t-shirt & postage only). **Register before 18<sup>th</sup> April to ensure you receive your t-shirt and event number in the post in time for the event on the Bank Holiday Monday in May! NO REGISTRATION ON THE DAY!!**

We are thankful to the following partners for their continued support - Headfort Arms Hotel; Kells Gardai; Meath County Council; Kells AC; St Brigid's AC, Club Active Kells; Meath Civil Defence and local volunteers.

Anyone interested in participating in the 2023 Royal County event should register now at <https://eventmaster.ie/event/orjZik3tLm>

## Meet the Meath LSP team



**Mary Murphy**  
Senior Executive Officer



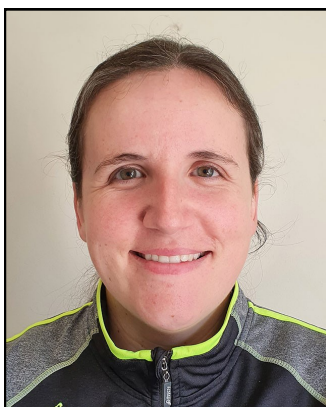
**Lynn O'Reilly**  
Senior Administrator



**Ruairi Murphy**  
Programme Manager &  
Sports Development Officer



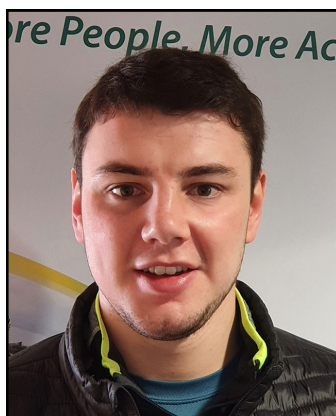
**Lisa O'Dowd**  
Sports Development Officer  
*with specific focus on Women,  
Schools & Youth Development*



**Una Pearson**  
Club & Community Sports  
Development Officer



**Luke Condie**  
Sports Development Officer  
*With specific focus on Older  
Adults & Walking Initiatives*



**Terry Donegan**  
Sports Inclusion Disability  
Officer

## Community Activity Programmes

### Meath Local Sports Partnership with Swim Ireland announce arrival of Pop-Up Pool in Oldcastle!

The community of Oldcastle, Co. Meath and the wider region is looking forward with great excitement to the opportunity to enjoy swimming indoors right in their community with the recent announcement of the arrival of a Swim Ireland Pop-Up Pool.

Meath LSP with support from Meath County Council are delighted to link with Swim Ireland to introduce this innovative solution to Oldcastle for the next five months. The Pop-Up Pool is a 12m x 3.4m steel structure which holds 45,000 litres of water and is heated to a balmy 30 degrees. The pool is sheltered from the elements in a hard sided and heated marquee with changing rooms onsite an inclusive ramp and hoist.

It will provide an ideal place to learn to swim, develop swimming skills or just to enjoy how great it feels to relax and dip your head in the water. Opportunities are endless and will include school swimming programmes, evening and weekend swimming lessons, community group sessions and private hire.



The Pop-up Pool is operated by Swim Ireland. It is indoors, heated, fully equipped, fully accessible and has changing facilities. There are lifeguards and swim teachers on duty and the pool has capacity for 16 children and 12 adults.

Bookings for the pool can be made on the Swim Ireland website [Me and the Water | Swim Ireland](#). Bookings are now open (public swim €3.50) and there will be options for Schools, Community Groups, Learn to Swim and Aqua Aerobics, we anticipate demand to be high so book early to avoid missing out.

As the pool will be located in Oldcastle for the next five months, Swim Ireland are still recruiting for swim teachers and lifeguards.

For more information about those positions contact Rebecca @ [rebeccarolston@swimireland.ie](mailto:rebeccarolston@swimireland.ie) or for general queries email [popuppool@swimireland.ie](mailto:popuppool@swimireland.ie)





## Community Activity Programmes



### Ukrainian Refugee Health and Wellness Support Programme



Meath LSP in partnership with Meath County Council commenced the Ukrainian Refugee Health and Wellness Support Programme funded by the Department of Health.

This is a strategic partnership under the Ukrainian Refugee Health and Wellness Support Fund.

Meath LSP have delivered 8 sport and physical activity programmes for Ukrainian refugees from January to March 2023.

Meath County Council Sport Development Officers have delivered specific programmes for Ukrainian children with great success and the focus now is to integrate the children into the local clubs. So far, 70 Ukrainian adults and 34 children have participated on the programmes in Duleek, Ashbourne, Donore and Athboy.

Upcoming programmes available:

Programme	Venue	Start Date
Dance for adults	Eureka House, Kells	Monday 17 <sup>th</sup> April at 11am
Volleyball for adults	Ashbourne Community School	Tuesday 18 <sup>th</sup> April at 7.30pm
Aqua Fit for adults	Aura Leisure Centre Trim	Tuesday 18 <sup>th</sup> April at 2pm
Adult Swim Lessons	Oldcastle Pop-Up Pool	Commencing week of the 24 <sup>th</sup> April
Child Swim Lessons	Oldcastle Pop-Up Pool	Commencing week of the 24 <sup>th</sup> April

We are encouraging host families to come along and participate alongside their Ukrainian guests. To register a place for any of the above programmes please email [community@meathcoco.ie](mailto:community@meathcoco.ie)



comhairle chontae na mí  
meath county council



An Roinn Sláinte  
Department of Health

## GAA for Dads & Lads

Meath GAA in association with Meath LSP will be delivering the Dads & Lads programme around the county in **2023!** 'GAA for Dads & Lads' is a social hurling or football programme for those keen to enjoy Gaelic Games outside the traditional competitive structures of the GAA.



The games allow minimum contact only (to reduce risk of injury) so skills are prioritised over physicality.

2 new clubs up and running in 2023 are:

- Simonstown GAA– meet Wednesday nights from 8.30pm to 9.30pm.
- St. Mary's Donore– meet Mondays from 7pm to 8pm.

Meath GAA will host a Dads and Lads Blitz on **Saturday 29<sup>th</sup> April in Dunsany GFC**. For more information contact Ruairi on 046-9067887 or email [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie)

## Community Activity Programmes

### Games on the Beach - Bettystown— Coming in July 2023!

Games on the Beach will be returning once again to Bettystown this July so dust off your bucket and spade and get ready for a full day's action of beach activities!

Meath LSP in collaboration with Foroige & East Coast Family Resource Centre will host a festival of beach sporting events such as Beach Volleyball, Rounders/Cricket, Beach Handball, Soccer and more!!!



Suitable for children and teens (8-17yrs), this is an ideal opportunity to try out a variety of sports on one day. More information coming soon!

### Slane Castle 5km Trail Run/Walk

Slane Castle 5km Trail Run/Walk will take place on **Sunday 16th of April, 9.30am in the grounds of Slane Castle!**

The 5km route is completely within the majestic grounds of the Castle and includes the scenic forest trail along the River Boyne. This is a real opportunity for everyone regardless of ability or fitness level to experience the magnificent surrounds of Slane Castle.

There are t-shirts for the first 200 adults (on the day) and the first 200 U16's. There are also finishing medals for the first 500 over the line! After race refreshments and home baked goods will be available free of charge to all who support the event.



Early bird registration is €20 for adults 18+, €10 for Secondary School aged children, €5 for Primary School aged children.

Registration is now open at: <https://eventmaster.ie/event/Qxm2UnKSOy>

## Community Activity Programmes

### Men on the Move— the best move you will ever make!



Men on the Move is a 6-week exercise programme for men 30yrs+ developed to improve men's health & physical fitness. Suitable for complete beginners, the programme predominately aims to increase the overall physical activity levels of participants, mixed with nutritional advice and stress management.

Sessions commence on dates below!

**Ashbourne:** Wednesday 3<sup>rd</sup> May at 8pm in Ashbourne Community School Sports Hall

**Navan:** Thursday 20<sup>th</sup> April at 7pm on Claremont Stadium track

**Bettystown:** Wednesday 3<sup>rd</sup> May at 8pm, meeting at Colaiste na Hinse

**Oldcastle:** Wednesday 4<sup>th</sup> May at 7.30pm in Oldcastle GAA

**Navan:** Wednesday 26<sup>th</sup> April at 8pm in St Pauls NS, Windtown Rd., Navan.

To book a place, contact Ruairi at [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie) or call 046-9067887.

All men who complete the 6 week programme will receive one of our brand new Men on the Move sports tops!!



### Swimming – Parent & Toddler (12mths – 3 years)



**Oldcastle Pop-up Pool** - the Parent & Toddler swim programme is a fantastic way for parents to introduce their young children to water in a supportive environment.

The coach led initiative will demonstrate a wide variety of techniques to help your child be comfortable in the water and introduce them to an essential life skill. The 6-week programme will allow you and your child to:

- Become familiar and comfortable with water
- Practice safe entries and exits in and out of the pool
- Support your baby to float with ease
- Enjoy fun, messy and creative play time with toys and aids
- Help your young child to enjoy the feeling of water on their face

Cost is €20 for parent & child (one child max per parent/guardian)



**Starting in Oldcastle Pop-up Pool on Tuesday 25th April at 10am for 6 weeks.**

**Register at:** <https://eventmaster.ie/event/GGOAtkKtpd>

## Community Activity Programmes

### Meet n' Train

**Meet n' Train** is a 6-week outdoor programme for men and women that incorporates light cardio, strength and stretching.

Each session is led by a qualified instructor who will incorporate a wide range of exercises making it both fun and challenging. This programme is suitable for men and women of all abilities, from complete beginners to improvers.

Cost is €20 for 6 weeks.

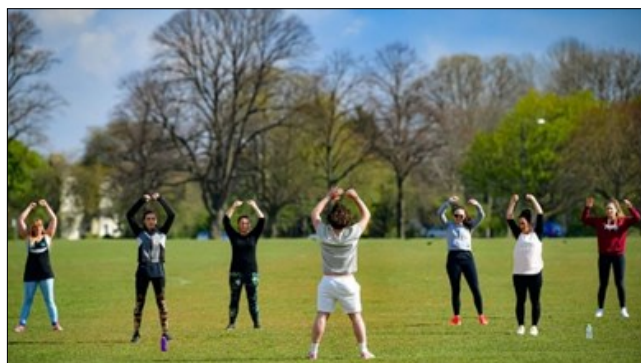
**Venue:** Blackwater Park, Navan

**Date:** Tuesday 25<sup>th</sup> April

**Time:** 7pm

**Register at:** <https://eventmaster.ie/event/E45DU4EF74>

If you have any queries please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) or call 046-9067887.



### New Orienteering Courses in Meath

Meath LSP are delighted to announce there are six Orienteering courses mapped out across a number of locations in Meath:

- Blackwater Park, Navan
- Porchfields, Trim
- Seafield, Laytown
- Spire of Lloyd, Kells
- Deerpark, Carlanstown
- Dunboyne Park



All new Orienteering locations include the latest MapRun6 virtual course making the activity accessible to anyone at any time. Each location includes a variety of Short, Medium and Long map with some including a score map. Participants are invited to download MapRun6 app on to their smartphone and follow the guided instructions. Maps are available from Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) For more information please see: <https://www.meathsports.ie/outdoors/orienteering/>

### Orienteering Training now available!

Would you like to learn the sport of Orienteering? Meath LSP & Orienteering Ireland are hosting a 5-hour Orienteering training programme taking place on **Thursday 4<sup>th</sup> May at 10.30am on Laytown Beach**. This course is open to teachers, youth/community workers, group leaders (Boys Scouts/Girl Guides) or anyone interested in learning the sport of orienteering (must be 18+). The cost of the training is €60, to register see <https://www.meathsports.ie/outdoors/orienteering/>

## Community Activity Programmes



### Bike Week 2023



Bike Week 2022 in Meath was a great success with over 33 events being held across the county by various community groups, cycling clubs and schools.

Bike week is a celebration of all that is great about cycling and encourages a cycling culture and aims to increase the number of people cycling across Meath. Bike Week featured a broad range of different events catering for beginners, families, children, second time around cyclists, leisure bikers, and club cyclists.

Thanks to the support from National Transport Authority & Transport for Ireland and to all the local schools, clubs and community groups who ran and participated in events, making Bike Week 2022 a memorable one.

Bike Week 2023 is being held between the 13<sup>th</sup> & 21<sup>st</sup> May. Events will be happening across Meath. Keep an eye on our webpage or the Bike Week web page for details for events happening near you during Bike Week.

See <https://www.meathsports.ie/outdoors/bike-week/>

Transport for Ireland Bike Week Web Page: <https://www.transportforireland.ie/getting-around/by-bicycle/bikeweek/>





## Community Activity Programmes

### Community Sports Hub Navan



**Our aim is to get the local community of Navan more active, more often!**



The Community Sports Hub Navan provides a wide range of sport & physical activities for all ages & abilities in the Windtown, Johnstown, Claremont areas of Navan.

In 2023 so far, over 400 participants took part in programmes such as: Active Women, Multi-Sport activities, Midterm Multi-Sport Camps, Fit Dance, Olympic Handball, Basketball, Tag Rugby, Futsal, Buggy Buddies and much more.



Check out our Facebook page – [Community Sports Hub Navan](#) for opportunities to get involved in sport and physical activity or take a look at our 'What's On' list of programmes.

**Please note, your child does not have to attend the school to attend a programme there.** For further information on Community Sports Hub Navan, please contact Paul at [cshfacilitatornavan@gmail.com](mailto:cshfacilitatornavan@gmail.com) or call 0469067887

**400 Participants**  
**8 venues**  
**6 partner agencies**  
**15 programmes**  
**8 coaches**  
**3 areas**

## Community Activity Programmes



## Community Sports Hub Navan

### 6 week Community Activity Programmes

**All programmes are FREE!**



Programme	Description	Time	Venue	Age	Dates	Register
<b>MONDAY</b>						
<b>Olympic handball</b>	Come + Try Olympic handball	<u>4:00-5:00pm</u> <u>5:00-6:00pm</u>	<u>St. Stephen's</u>	<u>6-9 yrs</u> <u>9-12 yrs</u>	Monday 15 <sup>th</sup> May – 26 <sup>th</sup> June (break on June bank holiday Mon 5 <sup>th</sup> June)	<a href="http://bit.ly/3nOvzS7">http://bit.ly/3nOvzS7</a>
<b>Run, Jump, Throw</b>	Run Jump Throw is a 6-week multi-activity programme suitable for children with Autism or an Intellectual Disability	<u>4:00-5:00pm</u>	<u>Claremont Stadium</u>	<u>13-17yrs</u>	Mondays April 17 <sup>th</sup> – May 29 <sup>th</sup>	Email tdonegan@meathcoco.ie
<b>TUESDAY</b>						
<b>Dance Fitness Class</b>	A fun exercise dance class which includes various styles of Dance: Cheer, Commercial, Latin, Ballroom, Jazz	<u>5:00-6:00pm</u>	<u>Claremont Stadium</u>	<u>6-12 yrs</u>	Tuesday 16 <sup>th</sup> May – 20 <sup>th</sup> June	<a href="http://bit.ly/41la4XF">http://bit.ly/41la4XF</a>
<b>Hockey</b>	Come and try fun Hockey sessions – a mixture of indoor and outdoor	<u>4:30-5:30pm</u> <u>5:30-6:30pm</u>	<u>Scoil Na-omh Eoin</u>	<u>6-9yrs</u> <u>9-12 yrs</u>	Tuesday 16 <sup>th</sup> May – 20 <sup>th</sup> June	<a href="http://bit.ly/3MdAPJ8">http://bit.ly/3MdAPJ8</a>
<b>WEDNESDAY</b>						
<b>Multi-Sport</b>	A variety of fun Multi-Sport activities	<u>5:00-6:00pm</u> <u>6:00-7:00pm</u>	<u>St. Paul's NS</u>	<u>6-9 yrs</u> <u>9-12yrs</u>	Wednesday 17 <sup>th</sup> May – 21st June	<a href="http://bit.ly/3mhiFLM">http://bit.ly/3mhiFLM</a>
<b>Pickleball for Women</b>	A fun sport that combines many elements of Tennis, Badminton and Ping-Pong	<u>7:00-8:00pm</u>	<u>St. Paul's NS</u>	<u>Over 18 yrs</u>	Wednesday 3rd May – 7th June	<a href="http://bit.ly/3KcnwRn">http://bit.ly/3KcnwRn</a>
<b>THURSDAY</b>						
<b>Fun Games</b>	A fun multi-sport programme based on various fun games and fundamental movement skills	<u>3:30-4:15pm</u>	<u>St. Stephens NS</u>	<u>6-12 yrs</u>	Thurs 18 <sup>th</sup> May – 22 <sup>nd</sup> June	<a href="http://bit.ly/434Oxnv">http://bit.ly/434Oxnv</a>
<b>Pickleball</b>	A fun sport that combines many elements of Tennis, Badminton and Ping-Pong	<u>5:00-6:00pm</u>	<u>Claremont Stadium</u>	<u>9-12 yrs</u>	Thurs 18 <sup>th</sup> May – 22 <sup>nd</sup> June	<a href="http://bit.ly/3Me9Mt">http://bit.ly/3Me9Mt</a>
<b>Run, Jump, Throw (for teens)</b>	Run Jump Throw is a 6-week multi-activity programme suitable for teenagers with Autism or an Intellectual Disability.	<u>6:00-7:00pm</u>	<u>Claremont Stadium</u>	<u>5-12yrs</u>	Thursdays April 27 <sup>th</sup> – June 1 <sup>st</sup>	Email tdonegan@meathcoco.ie

**Spaces are LIMITED and will be on a first come basis! Registration is mandatory for all programmes.**

## Women in Sport

### Women on Wheels

Women on Wheels is a programme aimed at women of all ages (18+) who would like to improve their biking skills and techniques.

The 6-week programme includes:

- Bike Maintenance
- Bike Safety
- Bike Handling Skills
- Learning to cycle as part of a group

There will also be weekly bike spins between 10k – 30k to increase stamina and bike fitness.



If you are planning to get outdoors this summer and would like to cycle more, this is an ideal starting point to help build confidence, increase cycling fitness while meeting others for a social cycle. Cost is €20 and places are limited, don't miss out!

**Venue:** Buvinda House, Johnstown, Navan

**Date:** Wednesday 10th May

**Time:** 7pm

**How to register:** <https://eventmaster.ie/event/Zb0xsMWcZY>

### Women's Bike Maintenance

There is nothing more annoying than discovering there's something wrong with your bike halfway into a cycle. This simple M Check Bike Maintenance Workshop could save you time and money.

The M check is a **basic safety check of all the main working parts of a bike, moving from the front wheel, to the handlebars, down to the bottom bracket, back up to the saddle then down to the rear wheel.**

It's a quick way to ensure safety and safeguards you from getting caught out by a loose bearing, dodgy spoke or slow puncture when you're mid-cycle.

Programme includes Puncture Repair, Saddle Check and Chain Check etc. Free puncture repair kit for all participants.

**Venue:** St. Paul's NS Navan

**Date:** Monday 15th May

**Time:** 7pm

**How to register:** <https://eventmaster.ie/event/ed1lrKF8x>



## Women in Sport

### Socia-Ball for Women 18+

Meath LSP and Basketball Ireland continue to roll out a social basketball programme for women in Meath. In a fun and social setting, women will have the opportunity to learn the key basketball skills and play in a supportive environment without the pressure of competition.



This 6-week programme is aimed towards complete beginners and those with previous experience. This is inclusive of all ages, previous experience and fitness levels and will be delivered by qualified coaches.

Cost is €20 for 6 weeks.

**Venue:** Ashbourne Community School

**Date:** 19th April

**Time:** 7pm

**How to book or for more information email:** [ctryon@ireland.basketball](mailto:ctryon@ireland.basketball)



### Swimming—Trim & Oldcastle

#### Aqua Aerobics for Women—Trim

This is a low-impact workout option for women and suits all ages and fitness levels. Aquafit classes provide a full-body workout, combining elements of aerobics, resistance training, and other types of regular 'land based' exercise and offers great benefits for those with any joint or mobility issues.



Taking place on **Tuesday 18th April at 2pm in Aura Leisure Centre, Trim.** Cost is €15 per person for 6 weeks.

**Register at:** <https://eventmaster.ie/event/R4xJiL5h76>

#### Swimmin' Women Midlife—Oldcastle

This is an inclusive swim programme empowering mid-life females to participate in aquatic sports. The programme provides women with a fun opportunity to experience the benefits of the water, understand how aquatic activities that can support you throughout your life cycle.

**Swimmin' Women Midlife** is a 6-week programme and includes a variety of sessions to such as: stretching, aerobic, resistance, Tai Chi and balance exercises. Information on peri-menopause and menopause and its relationship with aquatics is provided to participants along with women's health physiotherapy advice.

Taking place on **Wednesday 3<sup>rd</sup> May at 7-8pm in Oldcastle Pop-Up Pool.** Cost is €20 for 6 weeks.

For more information or to register email Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)

## Women in Sport

### Women in Sport Week

Well done to all 344 women and girls who took part in our recent Women in Sport events that took place from 6<sup>th</sup> – 12<sup>th</sup> March. The aim of the week-long programme is to introduce a wide variety of inclusive activities specifically for women and girls and highlight the benefits of keeping active.



In total we hosted 8 different programmes in 17 locations and focused on inclusion and diversity ensuring programmes suited women and girls of all ages, abilities and fitness levels.

#### Highlights

- 8 Events
- 344 Participants
- 17 Locations
- 13 Partnerships

#### Programmes

- Fit Dance 6-12yrs
- Teen Girls Olympic Handball (12-17yrs)
- Run Jump Throw for Teens (12-17yrs)
- Active Women Dance 18+
- Active Women Circuits 18+
- Socia-Ball 18+
- Circuit Dance for Life 50+
- Social Running 18+

For more information contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)



## Youth/Teens

### Youth Basketball



Meath LSP and Basketball Ireland are collaborating to introduce new Basketball initiatives specifically aimed toward young people from 10-16 years with the main emphasis on participation, fun and fitness.

In a fun and social setting, participants will have the opportunity to learn the key basketball skills and play in a supportive environment without the pressure of competition.

These 6-week programmes are aimed towards complete beginners and those with previous experience. These programmes are delivered by qualified basketball coaches. Cost is €20 for 6 weeks.



Venue	Date	Time	How to register
Athboy Community Centre	Tuesdays 18th April	6pm	<a href="mailto:ctryon@ireland.basketball">ctryon@ireland.basketball</a>
Dunboyne Community Centre	Tuesday 18th April	5pm	<a href="mailto:ctryon@ireland.basketball">ctryon@ireland.basketball</a>
Ashbourne Community School	Wednesday 19th April	5.45pm	<a href="mailto:ctryon@ireland.basketball">ctryon@ireland.basketball</a>

### Netball for Youth



Netball is fast becoming a very popular sport for girls in East Meath. Boyne Netball is only one year old but continues to grow with over 60 women and girls taking part in training and games every week.

A new training season is starting in May and is an ideal way for Girls 12-18yrs to come and try out Netball for the first time.

Netball is energetic and involves speed, agility and stamina and is a fantastic way to keep fit and be part of a team.



Training is suitable for complete beginners and improvers so come along and give it a go!

Training takes place in **Gormanston Park from Monday 8<sup>th</sup> May @7pm**. For more information and to register contact: [boynenetball@gmail.com](mailto:boynenetball@gmail.com)

## 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:

- Cycle Right Programme
- Daily Mile Challenge
- Play Rugby Programme
- School Sports Day Training
- Sports Leadership
- Badminton School Programme
- Indoor Hockey School Programme
- Cricket School Programme
- iRun for Fun for Secondary Schools
- Basketball School Programme
- 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](http://www.meathsports.ie) or contact us at 046-9067887 or email [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)

### “Ready to Go” Orienteering training initiative!

Ideally suited for Teachers, Youth Work leaders, School Liaison officers and Community Leaders, the 6-hour training will equip you with the skills and ability to teach the fundamentals of orienteering to others.

Orienteering develops many skills for children & young people including problem solving, teamwork, decision making and self-awareness.

#### Benefits of Orienteering:

- Time spent outdoors has shown to significantly improve people mental health and reduce stress.
- Increase Vitamin D levels, improving bones health.
- Increased cardiovascular fitness
- Sharpens decision making skills – develops navigation skills
- It's a great balance between mental and physical exertion
- Being a part of nature has a calming influence for busy minds



#### Ready to Go training includes:

- Training
- Training Resources
- Orienteering Pack

Cost is €60 per school. Taking place on **Thursday 4<sup>th</sup> May at 10.30am on Laytown Beach.**

Please fill in registration form at: <https://www.meathsports.ie/young-people-schools/sports-specific-school-programmes/orienteering-for-primary-schools/>

## Schools Section

### Schools Cricket Programme

Meath LSP and Cricket Leinster are once again collaborating to roll out a Kwik Cricket programme for primary schools across the county.



This new Kwik Cricket programme aims to provide more young cricketers with exciting, challenging & enjoyable cricket experiences. The structure of Kwik Cricket is shorter games, modified rules, lighter equipment ensures that children are placed front-and-centre in terms of experience and that their enjoyment of learning a new game.

#### The programme includes:

- 3-week student training with Cricket Leinster coach visiting each school for one hour per week
- Teacher Training
- 1 set of Kwik Cricket equipment
- Training Resources
- Entry to the Meath Schools Cricket Blitz

**Suitable for:** 3<sup>rd</sup> and 4<sup>th</sup> class students

**Available to:** Primary Schools in Meath

**Cost:** €50 per school



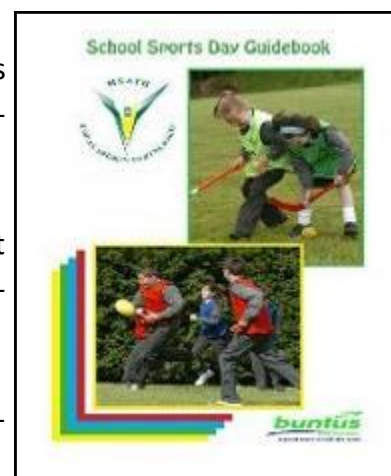
This programme will start on **2<sup>nd</sup> May** and is open to 10 primary schools in 2023. If your school is interested in taking part please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)

### School Sports Day Training

Meath LSP organises school sports day training workshops for primary schools in the county. A common issue many schools encounter is in relation to organising the school sports day.

The training and accompanying guidebook is designed to equip the participant with the knowledge and skills required to deliver a sports day that is more accessible, easily organised, safe, successful and most importantly fun.

Training is open to teachers, special needs assistants and parents from primary schools in Meath.



Cost is €10 per person. **Training will be held in Navan in May (Date TBC).** If you wish to register your interest, please call 046-9067887 or email [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)

## Schools Section

### Ladies Gaelic Football Schools Programme - North Meath



Meath LSP and Ladies Gaelic Football (LGFA) piloted its first LGFA Primary School Programme in north Meath. The main aim of the programme is to encourage more young girls to take part in Gaelic football and provide specific training and programme plans for school staff making it easier for them to incorporate the football for girls as part of their PE and afterschool activities. Eight primary schools and two GAA clubs took part in the 6-week programme and over 110 children aged between 8-12yrs received training and took part in the blitz games.

Primary Schools taking part were:

- Ballinlough NS
- Carnaross NS
- Cortown NS
- Gilson NS
- Kilskyre NS
- Moylagh NS
- Rathmore NS
- Moynalty NS



The programme consisted of a 3-hour **Teacher Training** module, **Student Training** with Stacey Grimes (Meath LGFA Sports Officer) and an **LGFA School Blitz**.

Thank you to Kilskyre GAA and Ballinlough GAA for providing facilities and supporting the programme to encourage more young girls to take part in Ladies Gaelic football.

#### Highlights:

- 9 teachers trained
- 110 students received training
- 67 girls took part in Blitz
- 2 GAA clubs

If your school would be interested in taking part in an LGFA schools programme please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)



## Older Adult Programmes

### Mature Movers

The 6-week programme for adults (50+) includes activities such as seated exercise to music, resistance exercises with resistance bands, core stability, balance, seated Pilates and fall prevention exercises. Mature Movers is ideally suited to older adults as it provides for enjoyable social interaction, fun and activities. Cost: €30 for 6 weeks.



Area	Venue	Start Date	Time	Day
Navan	Pitch and Putt Navan	27 Mar	10 – 11am	Mondays for 6 Weeks
Piltown	St. Colmcille's GAA	27 Mar	11:45am - 12:45pm	Mondays for 6 Weeks
Athboy	St. James Hall	28 Mar	11am – 12 pm	Tuesdays for 6 Weeks
Ashbourne	Ashbourne GAA	29 Mar	12 – 1pm	Wednesdays for 6 Weeks
Balinacree	Pitch and Putt Navan	29 Mar	10 – 11pm	Mondays for 6 Weeks
Kells	Eureka House Kells	29 Mar	12 – 1pm	Wednesdays for 6 Weeks
Trim	Trim GAA	29 Mar	11 – 12pm	Wednesdays for 6 Weeks
Ratoath	The Venue	30 Mar	10 am— 11am	Thursdays for 6 Weeks
Moynalty	Muntir na tir hall	20 Apr	10 – 11am	Thursdays for 6 Weeks
Dunboyne	Community Centre	21 Apr	10:30 – 11:30am	Fridays for 6 Weeks

To book please contact Luke Condie on 046-9067887.

## Older Adult Programmes

### Introduction to Outdoor Bowls

Meath LSP & Meath Bowls Club invite the older adults of Meath to participate in our Outdoor Bowls recreational league. This is suitable for complete beginners that would like to try bowls but is not limited to beginners.

Participants will be coached by experienced players on the techniques and rules of the game.

The Outdoor Bowls course commences on **Monday 12th June at 11am** for 1.5 hours and will run for four Mondays until 26<sup>th</sup> June.

**Venue:** Aura Leisure Centre, Trim.

**Date:** Monday 12th June at 11am

**Cost:** €10 per session or €30 for 4 weeks.

To book a please complete the following: Contact Luke on 046-9067887 or email [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie).



### Aqua Aerobics for Adults 55+ Oldcastle

Aqua aerobics is a low-impact workout option for members of all ages and fitness levels. Aqua aerobics can offer great benefits for those with any joint or mobility issues.

Aqua aerobics classes provide a full-body workout, combining elements of aerobics, resistance training, and other types of regular 'land based' exercise.

Cost: €20 for 4 weeks

Programmes available in Oldcastle Pop-Up Pool:

- **Tuesday 18th April at 12pm**
- **Thursday 20th April at 12pm**

**SWIM  
IRELAND**

To book please contact Luke on 0469067887 or email [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)

## Older Adult Programmes

### Outdoor Activity Day

Meath LSP would like to invite Adults 55yrs+ to our FREE Outdoor Activity Day. There will be three activities to enjoy on the day:

- Petanque – adapted game of bowls
- Pickleball – adapted game of tennis/badminton
- Pitch and Putt – hole in 1 competition

This will allow all older adults to try new activities and re-engage with other older adult groups such as active retirements, Irish Country Women's Association, Men's Sheds and other older adult groups.

**Date:** Wednesday 22nd June

**Venue:** Trim GAA

**Time:** 11am -12:30pm



\*You do not need to be part of a group to participate. If you are interested, please contact Luke on 046-9067887 or email [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)

### Fitness Made Easy Dunboyne

Fitness Made Easy starts **Friday 10th May** at **11am in Club Active Gym, Carriage Road, Navan.**

This 4-week gym introductory programme will allow older adults to become confident in using gym equipment. Older adults will be able to improve overall health and well-being while increasing strength and cardiovascular levels.

The programme will involve:

- Tutor lead warm up and cool downs
- Instruction on the cardiovascular machines e.g. bike, cross-trainer and rower
- Instruction on the strength-based machines e.g leg extension, back row and lat pulldown.
- Mobility, balance and stretching exercises



Spaces are limited so **BOOKING IS ESSENTIAL! Cost €20 for 6 weeks.** To book please contact Luke Condie at 046- 9067887 or email [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)

## Older Adult Programmes

### Activator Pole Walking

Activator Poles have been developed by therapists in Canada for people who have balance concerns or mobility issues but want to fitness walk. The poles are used in a forward position, provide stability, support and confidence to people worried about their balance or falling and enables them to get up and get going with a purpose again.

Activator Pole walking is a FitWalk Ireland Programme which focuses on promoting long term fitness and independence through increasing balance and functionality.

Meath LSP coordinate the programme locally in Meath and skilled tutors teach participants how to safely and effectively use the Activator Poles to aid their walking, strength and balance. The 6-week, 1 hour programme, is suitable to all levels of fitness – each week the tutor will assist participants in use of the activator poles to increase strength and improve mobility.

#### Who is this programme suitable for?

- Adults of all fitness levels
- Adults post hip/knee surgery
- Adults with Multiple Sclerosis
- Adults with Parkinson's Disease
- Adults with Osteoarthritis
- Adults interested in fall prevention

#### What are the benefits of Activator Pole walking?

- Improves stability
- Reduces impact on hips/knees
- Improve strength, aerobic fitness, balance & range of motion
- Improve posture
- Promotes better gait pattern

#### Taking place in the following areas:

- ⇒ Trim (Porchfields) - Tuesday 9th May at 11am
- ⇒ Longwood (Royal Canal Walkway) - Wednesday 10th May at 11am

Cost: €25 for 6 weeks

To register or for more information, contact Luke on 0469067887 or [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)



## Sports Ability Programmes

### Learn 2 Cycle Athboy

Learn 2 Cycle aims to assist children with a disability to cycle independently. This programme which is held over 6 weeks outdoors focuses on empowering parents and giving them the tools to support their child in learning to cycle.

Participants will be guided by our experienced tutor from the Cycling Safety School.

**Date:** Thursdays May 25<sup>th</sup> – June 29<sup>th</sup>

**Time:** 4:30pm- 5:30pm

**Duration:** 6 weeks

**Venue:** Athboy Convent Community Centre

**Cost:** €15



To book a place, please contact Terry on 046-9067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

### Swim Ability

Meath LSP is delighted to announce the Swim Ability programme will be coming to the Pop up Pool in Oldcastle!



Swim Ability is a programme aimed at children with a disability and will help to increase their confidence and ability in the water. The programme takes place over 6 weeks, one session per week delivered by qualified swim Ireland instructors.

Places are limited and pre-registration is essential.

**Date:** Mondays April 24<sup>th</sup> – May 29<sup>th</sup>

**Time:** 5pm-6pm

**Venue:** Pop up Pool Oldcastle

**Duration:** 6 weeks

For more information and to register please contact Sports Inclusion Disability Officer Terry Donegan on 0469067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)



## Sports Ability Programmes

### Run Jump Throw

The Run Jump Throw programme ran over 6 weeks is aimed at children with Autism / Intellectual disability aged 5-12 years. The sessions will include a variety of sports, fun games and obstacle challenges all adapted to the participants needs. The programme aims to improve the participant's fundamental movement skills and increase their confidence in participating in regular physical activity. The involvement of siblings is encouraged during the programme!

**New in 2023**— Run Jump Throw aimed at teens with Autism / Intellectual disability aged 12-17 years.



Area	Venue	Date	Time	Cost
Navan	Claremont Stadium	Mondays April 17 <sup>th</sup> – May 29 <sup>th</sup>	4pm-5pm	€10 per family
Athboy	Athboy Convent Community Centre	Tuesdays April 18 <sup>th</sup> – May 23 <sup>rd</sup>	5pm-6pm	€10 per family
Dunboyne	Dunboyne Community Centre	Wednesdays April 19 <sup>th</sup> – May 24 <sup>th</sup>	4pm - 5pm	€10 per family
Bettystown	Colaiste Na Hlnse	Wednesdays April 26 <sup>th</sup> – May 31 <sup>st</sup>	5pm-6pm	€10 per family
Dunshaughlin	Dunshaughlin Community Centre	Thursdays April 20 <sup>th</sup> – May 25 <sup>th</sup>	5pm-6pm	€10 per family
Ashbourne	Ashbourne Community School	Thursdays April 20 <sup>th</sup> – May 25 <sup>th</sup>	5pm-6pm	€10 per family
Navan – Teenage Programme	Claremont Stadium	Thursdays April 27 <sup>th</sup> – June 1 <sup>st</sup>	6pm-7pm	€10 per family

To book please contact Terry at 046-9067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

## Sports Ability Programmes

### Royal Rockets Junior Wheelchair Sports Club



Royal Rockets is a Multi-Sport club for children with a physical disability aged 5-16 years established in 2019 with the support of Meath LSP and IWA-Sport.

The club's primary aim is to give physical activity opportunities to children with a disability by enabling them to be part of this supportive group. The club members alongside their families are involved in a variety of activities weekly.

The club meets every week on **Wednesdays at 6.30pm-7.30pm in Scoil Naomh Eoin, Navan**. New members are always welcome.

For more information please contact Chairperson Lindsey Ward on 087-2779634 or [chairperson.royalrockets@iwasport.com](mailto:chairperson.royalrockets@iwasport.com)



### Inclusive Judo

Meath LSP in collaboration with Irish Judo & Yoroi Dojo Judo Club are delighted to offer a 4-week Inclusive Judo Programme.

This programme is aimed at children with a disability aged 8-13 years. The session will be led by experienced Judo coach.

Pre-registration is vital and spaces are limited!

**Date:** Monday May 8<sup>th</sup> – May 29<sup>th</sup>

**Time:** 6:40pm-7:40pm

**Venue:** BT Fitness Navan

**Duration:** 4 weeks



For more information or to book please contact Sports Inclusion Disability Officer Terry Donegan on 0469067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

## Sports Ability Programmes

### Cara's Xcessible Club Toolkit

Cara with the support of Sport Ireland, have developed an **Xcessible Club Toolkit** that will help sports clubs across the country become more inclusive. The toolkit is a guided resource that will empower clubs to positively and meaningfully provide opportunities for people with disabilities to take part in sport and physical activity at a local level.

The Xcessible Club Toolkit aims to support sports clubs to facilitate the many benefits that people with disabilities can enjoy within their community such as:

- Belonging to a group
- The opportunity to volunteer, to make new friends, to learn a new skill, to develop leadership & coaching expertise
- Improving social, physical and mental wellbeing.

For more information on the toolkit please visit the link below <https://caracentre.ie/xcessible-club-toolkit/>



## Disability Inclusion Support

Meath LSP would like to hear from anyone interested in linking with our Sports Inclusion Disability Officer Terry Donegan on ways in which we can support you in any area of Disability Inclusion!

**Sports Inclusion Disability Officer (SIDO)** works to increase the participation of people with disabilities in sport, fitness and physical activity throughout County Meath. This is achieved through working in partnership with statutory agencies, sports clubs, community groups, facility providers, schools, disability service providers and people with disabilities.

### Inclusive Clubs



### Participation Opportunities



### Inclusive Training



Contact Terry Donegan by phone 046-9067887 or by email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)



## Calendar of Courses and Events 2023

Activity	Date	Time	Venue
Safeguarding 1 Basic Awareness in Child Protection Workshop	20th April	6.30pm-9.30pm	Zoom
Sports Injuries First Aid Training	24th April	6.30pm-10pm	Claremont Stadium, Navan
Royal County 5km & 10km Run	1st May	10.30am & 11am	Kells
Safeguarding 1 Basic Awareness in Child Protection Workshop	4th May	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	9th May	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person Workshop	17th May	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	31st May	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	8th June	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	29th August	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	11th September	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	12th September	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	28th September	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person Workshop	3rd October	6.30pm-9.30pm	Zoom

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: 046-9067887; Email: [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)