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Games on the Beach Bettystown

Get the sunscreen ready as Games on the Beach returns once again to Bettystown on **Wednesday 12th July!**

This Games on the Beach programme will include a wide range of exciting new games and sporting initiatives for children and teenagers. We may even have a few activities for parents!!

We are delighted once again to be working with Foroige, East Coast Family Resource Centre, Volleyball Ireland and Irish Olympic Handball Association in what should be a highly entertaining day!

We are organizing two sessions:

- 11am – 1pm (Children 8-12yrs)
- 2pm – 4pm (Teens 13-17yrs)

Each session will comprise of 3 activities:

- Beach Handball with Irish Olympic Handball Association
- Rounders with our qualified Tutors
- Beach Volleyball with Volleyball Ireland

Registration is €5 per person – places are limited so early booking is advised.

Register at: <https://eventmaster.ie/event/5dLySQvsEz>.

For more information contact luke.condie@meathcoco.ie



Meet the Meath LSP team



Mary Murphy
Senior Executive Officer



Lynn O'Reilly
Senior Administrator



Ruairi Murphy
Programme Manager &
Sports Development Officer



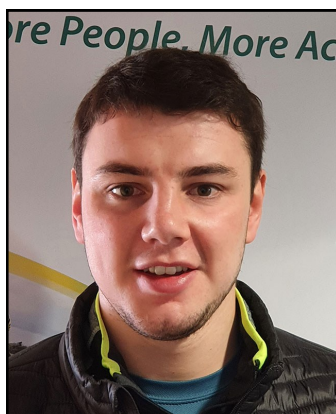
Lisa O'Dowd
Sports Development Officer
*with specific focus on Women,
Schools & Youth Development*



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

Multi-Sport Activity Days

Multi Sport Activity Days are back in 2023! Last year we had over 250 children taking part in the activity days!

This exciting project brings together Meath County Council Sports Development Officers and coaches from the FAI, Meath GAA, Meath LGFA, Basketball Ireland and Leinster Rugby.



With fun being the main goal of the day, our multi-sport activity programme provides a great opportunity for participants to try a range of sports & activities. Children from 6yrs-13yrs are welcome to take part!

Multi-Sport Activity Days will take place in August in the following locations:

- Oldcastle
- Trim
- Bettystown
- Ashbourne

Cost: €5 per child.

Keep an eye on our website and social media for more information in the coming weeks!





Community Activity Programmes

Oldcastle Pop-Up Pool



In April, Meath LSP in partnership with Meath County Council & Swim Ireland launched the pop-up Swimming pool in Oldcastle. 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, a ramp and hoist for those with limited mobility.

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.

Since April the pool has been very busy with over 1,600 participants taking part in over 25 different Swim Ireland programmes.

Swim sessions available include activities for:

- Children & Young people
- Women & Girls
- Older Adults
- People with a disability
- Ukrainian Children & Adults

In Meath, we are delighted to continue our partnership with the team in Swim Ireland, the pop-up pool will operate over the summer months until the end of August! For details of all programmes and how to book your place, please visit the webpage here: <https://www.meathsports.ie/oldcastle-pop-up-pool/>

If you require further information please contact Una Pearson at upearson@meathcoco.ie or call 046-9067887.



OLDCASTLE POP-UP POOL TIMETABLE

PROGRAMME	AGE	STARTS	DURATION	TIME
Ukrainian Childrens Lessons	Beginners @ 3:30pm Improvers @ 4:00pm	Monday 29 th May	4 Weeks	3:30 – 4:00pm 4:00 – 4:30pm
Ukrainian Adult Lessons	Adults 18+	Tuesday 30 th May	4 Weeks	11:30am – 12:00pm
Ukrainian Adult Lessons	Adults 18+	Thursday 1 st June	4 Weeks	11:30am – 12:00pm
Aqua Aerobics	Adults 65+	Thursday 8 th June	6 Weeks	12:00 – 12:30pm
Swim ability	Inclusive swimming for Kids with additional needs	Monday 12 th June	6 Weeks	5:00 – 6:00pm
Aqua Aerobics Women	Women 30 – 50 years	Tuesday 20 th June	6 Weeks	7:00 – 7:30pm
Parent & Toddler	Toddlers aged 12 months to 3 years	Tuesday 20 th June	6 Weeks	10:00am – 10:30am
Parent & Toddler	Toddlers aged 12 months to 3 years	Thursday 22 nd June	6 Weeks	10:00am – 10:30am



COMMUNITY PROGRAMMES



Enquiries & registrations to Una Pearson
upearson@meathcoco.ie | 0469067887



comhairle chontae na mí
meath county council

Community Activity Programmes

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



Any queries please contact Lisa at lodowd@meathcoco.ie or call 046-9067887.

TUESDAY PROGRAMME

Venue: Oldcastle Pop-up Pool

Start Date: Tuesday 20th June

Time: 10am

Duration: 6-weeks

Cost: €20 for parent & child

Registration: <https://eventmaster.ie/event/>

THURSDAY PROGRAMME

Venue: Oldcastle Pop-up Pool

Start Date: Thursday 22nd June

Time: 10am

Duration: 6-weeks

Cost: €20 for parent & child

Registration: <https://eventmaster.ie/event/>

Meath Running Group

Meath Running Group has been going from strength to strength over 2023. The group have completed 3 blocks which focused on steadily improving runner endurance and building a good foundation for the year of running ahead.

Meath Running Group continues throughout the Summer under the excellent guidance of our coach Paul McGee. New joggers/runners are welcome!



If you would like to drop in and try one of our sessions in Blackwater Park on Wednesdays at 7.30pm please contact Ruairí (details below). Meath Running Group starts a new 6 week block in **Blackwater Park, Navan on Wednesday 5th July at 7.30pm**. Contact Ruairí on 046-9067887 or email rmurphy@meathcoco.ie

Community Activity Programmes



Bike Week 2023



Bike Week 2023 in Meath was a great success with over 30 events being held in 8 locations 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 2023 a memorable one.





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 have taken 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 Una at upearson@meathcoco.ie or call 046-9067887.

415 Participants
10 venues
6 partner agencies
7 programmes
10 coaches
3 locations

Community Activity Programmes

Community Sports Hub Navan Summer Camps



Would you like your child to take part in fun multi-sport summer camps throughout the school holidays?

Check out the times and venues below where children aged 5-12 can be active and take part in a variety of sports and activities. Registration links are available under each camp details.

Multi-Sport Summer Camp – Claremont Stadium

Tuesday 11th – Thursday 13th July
10am-12pm
Claremont Stadium, Navan

Activities: A variety of fun games and activities like the summer Olympics

Register at: <https://eventmaster.ie/event/dZ4GsnGSwV>

Multi-Sport Summer Camp – Windtown Blackwater Park

Tuesday 25th July – Thursday 27th July
10am – 12pm
Blackwater Park, Navan

Activities: A variety of different sports e.g. Soccer, Rugby, Cricket, GAA

Register at: <https://eventmaster.ie/event/Aw64Ijlllv>





Community Activity Programmes



Community Sports Hub Navan

Family Multi-Sport Activities

Blackwater Park, Navan

Tuesdays & Saturdays in July & August



38 parents & children from 11 families attended the last block of Family Multi-Sport Activities in Blackwater Park in January & February. Families got to participate in a variety of fun games and sports together, these included Obstacle Courses, No-Mans land, Rounders, Orienteering and the Adventure Walk App.

Family Multi-Sport will return over the summer months with more tasters in Orienteering, Adventure walk App, Cricket, Rounders, Fun Games & much more.

Dates:

- Saturday 8th July at 11am
- Tuesday 18th July at 7pm
- Saturday 5th August at 11am
- Tuesday 15th August at 7pm

If you are interested in booking a place, please contact Una at upearson@meathcoco.ie or call 046-9067887.



Basketball for Young People

Scoil Naomh Eoin, Navan

4-week programme on Mondays in July / August

Date & Time TBC



This Basketball programme is centred around fun & game-based play as well as focusing on the core skills of Basketball. The programme is aimed at young people aged 10 – 17 years.

The programme is delivered by experienced coaches from Basketball Ireland & Meath LSP. Youth group leaders have also been upskilled to assist in the delivery of the programme.

If your child or teenager is among the ages of 10-17 years old and is interested in attending this programme please contact Una at upearson@meathcoco.ie or call 046-9067887.



Women in Sport

Social Soccer for Women & Girls 16+

Social Soccer is a 6-week 'Come & Try' soccer programme for girls and women.

Meath LSP in collaboration with three soccer clubs **Rossin Rovers AFC (Slane)**, **Skryne Tara FC** and **Enfield Celtic FC** are hosting this new soccer programme suitable for complete beginners or those returning to soccer. Open to women and girls 16+ and all fitness levels with no previous soccer experience required.

If you have always wanted to give soccer a go or you played in the past and would like to get involved again, this programme is ideal for you. It's free of charge and we guarantee you a fun, non-competitive social programme with the primary aim of keeping fit and creating a new social group! **Start dates will be announced in the coming weeks!** For more information email Lisa at lodowd@meathcoco.ie

Social Soccer for Women & Girls 16+



Come & Try Social Soccer where the main emphasis is on fun & participation!

No previous experience required!

Give it a GO!!

June- July- August 2023

ENFIELD - SKRYNE - SLANE

For more details or to register contact
Lisa at lodowd@meathcoco.ie
www.meathsports.ie

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.

- **Athboy Community Centre** – Tuesday 11th July – 22nd August @ 7pm
- **Ashbourne Community Centre** – Wednesday 5th July – 30th August @ 7pm

To register email Casey at ctryon@ireland.basketball



Aqua Aerobics for Women



Aqua Aerobics classes are a great way to mix up your normal exercise routine. It's a great cardiovascular workout, helping to improve heart health and strengthen muscle. The routines are fun and energetic and it takes only a few aqua aerobics sessions to see a big difference in your overall fitness.

Top benefits of aqua

- Water supports the body, less stress on joints and muscles
- Using water as a resistance helps build strength & conditioning
- Water pressure puts less strain on your heart by moving blood around the body
- Aqua Aerobics is great fun and an easy way to exercise and keep fit
- Aqua aerobics is fun and suitable for everyone regardless of age and fitness levels.

Venue: Oldcastle Pop-Up Pool

Start Date: Tuesday 20th June

Time: 7pm

Cost: €20 for 6 weeks

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



Women in Sport

HER Outdoors Week 2023 (14th - 20th August)

HER Outdoors week aims to celebrate and encourage more females to get out and enjoy the benefits of being in the outdoors while bringing visibility to the opportunities for females to get involved in outdoor physical activity.

This week is all about providing more opportunities for ALL females to escape to the outdoors and try something new. Meath LSP are hosting a variety of events for girls and women of all ages – come and try something new and see the opportunities that are available in the great outdoors!

Wheel Orienteering - As part of this event, Meath LSP through the new Map Run Virtual

App, are providing an accessible orienteering course for girls who have a physical disability. The event will be open to all children with a disability, their siblings and parents/guardians. This programme will allow the child with a physical disability to learn traditional Orienteering while also experiencing the new Map Run Virtual Orienteering. A great way to enjoy outdoor recreation while learning to navigate the mapped route with family and friends.

Inclusive Canoeing—1 day taster session for females with a disability to come and try out canoeing. This initiative will help develop skills and experience on the water whilst gaining knowledge of water safety. The session will provide a safe inclusive friendly environment for participants to try out a new activity.

Activator Pole Walking- Activator Pole walking is a FitWalk Ireland Programme which focuses on promoting long term fitness and independence for Women 50 yrs+. Participants will learn how using activator poles safely are effective in increasing strength, balance and functionality.

Beach Orienteering - Beach Orienteering – Come and Try orienteering on the beach. Collaborating with Mosney Refugee Resettlement, this initiative will be aimed towards children 6yrs-16 years

Yoga & Dip 18+ A relaxing yoga session on the sandy beach followed by an invigorating dip in the sea. This programme is suitable for Women 18+ regardless of previous experience or fitness level.

Multi-Sports in Mosney for refugee women – this variety of sporting activities is specially created to introduce new physical activities to refugee women. This programme will include a wide range of activities including Orienteering, Rounders, Pickleball and more.

More details coming soon! Keep an eye on our social media pages and website for more details!



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.



Location	Start Date	Day	Time	Email to register
Athboy Community Convent Centre	06/06/2023	Tuesday	6pm	ctryon@ireland.basketball
Dunboyne Community Centre	04/07/2023	Tuesday	5pm	ctryon@ireland.basketball
Ashbourne Community Centre	05/07/2023	Wednesday	5:45pm	ctryon@ireland.basketball

Netball for Women & Girls 12+

Netball is an energetic game which involves speed, agility and stamina and a great way to keep fit and be part of a team.



Boyne Netball is open to all women and girls from 12+, no prior experience is necessary— just an interest to learn the skills and get involved in a social team sport. It can seem similar to basketball without dribbling the ball but is very inclusive with all players having definite roles and play zones.

Training takes place in **Gormanston College on Monday evenings at 7-8pm.**

Cost: €5 per session, all welcome, no previous experience required. For more details contact: boynenetball@gmail.com



Youth/Teens

HER MOVES



HER Moves is a new Sport Ireland initiative designed to inspire and support more teenage girls to be active. It's all about empowering all young women, building confidence and providing motivation to find something that gets **YOU** moving. This is a community for all teenage girls to join and **FIND SOMETHING THAT MOVES YOU**.

Join the HER MOVES community today – for more information see <https://www.hermoves.ie/>

As part of the HER Moves initiative Meath LSP are collaborating with a number of partner agencies to bring a variety of beach activities for teenage girls in **AUGUST 2023** that include:

- Beach Volleyball
- Beach Handball
- Soccer 4 Girls
- Zumba Dance
- Cheerleading
- Beach Games

More details and registration will be available in July on <https://www.meathsports.ie/women-in-sport/>



NEW ORIENTEERING VENUES, COME AND TRY!

Orienteering is a fantastic outdoor activity that combines running/walking with navigation (traditionally using a map and compass). Participants use their speed and coordination to locate a number of flags located around a course in the shortest time possible.

There is both a short and long course available which can both be completed as fast as possible or in your own time.

Suitable for all the family! Entry for these come n try sessions are FREE!

Meath LSP in collaboration with Irish Orienteering have mapped out the following areas:

- **Deerpark, Carlanstown – Wednesday 5th July at 6-8pm.** Register at: <https://eventmaster.ie/event/ORJpHzqsA1>
- **Laytown/Seafeld Beach – Wednesday 19th July at 6-8pm.** Register at: <https://eventmaster.ie/event/8BJ6T7qTV1>



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 who would like to try bowls; experienced bowlers are also welcome.

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 3rd July.

Venue: Aura Leisure Centre, Trim.

Start Date: Monday 12th June at 11am

Cost: €20 for 4 weeks.

To book contact Luke on 046-9067887 or email luke.condie@meathcoco.ie



Indoor Active Retirement Bowls League

Well done to all who took part in our Indoor Active Retirement Bowls league this year. Meath LSP hosted the Division 1 and 2 finals in Bothermeen Community Centre.

- Division 1 Winners – Skryne Active Retirement
- Division 1 Runners-up – Kilmessan Active Retirement
- Division 2 Winners – Beauparc Active Retirement
- Division 2 Runners-up – Dunshaughlin Active Retirement

Congratulations to all involved! To get your active retirement involved contact Luke on 046-9067887.



Older Adult Programmes

Petánque

Come and Try Petánque! This is another game that falls into the category of boules sports. It's an outdoor game and the big difference with petánque is that you can play it on almost every terrain.

Meath LSP will pilot the game in 3 areas in Meath! You don't have to be a member of a group or active retirement so come along! Please see dates below. This will give the opportunity to groups/participants to learn the rules of the game and to continue playing amongst groups themselves.



Area	Time	Date	Location
Oldcastle	11am	13/07/2023	Oldcastle GAA Milbrook
Piltown	11am	19/07/2023	St. Colmcille's GAA
Dunboyne	11am	21/07/2023	Dunboyne Park

If you are interested, please contact Luke on 0469067887 or email 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 5 weeks

Start Date: Thursday 15th June at 12pm

Venue: Oldcastle Pop-Up Pool

To book, please contact Luke on 0469067887 or email luke.condie@meathcoco.ie



Older Adult Programmes

Pickleball

Meath Local Sports Partnership are delighted to announce additional funding from Age and Opportunity to provide older adult groups the opportunity to take part in Pickleball.

It's fun, social and friendly. The rules are simple and the game is easy for beginners to learn.

1. A fun sport that combines many elements of tennis, badminton and ping-pong.
2. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
3. Played with a paddle and a plastic ball.
4. Played as doubles or singles.
5. Can be enjoyed by all ages and skill levels.

Meath LSP will train and educate members of your group on the rules and how to play. This training will take place over two weeks.

All your group need is access to a badminton sized court or hall. Groups will have the option to buy equipment at a reduced price.

If you or your group are interested in participating in Pickleball please contact Luke on 0469067887 or email 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:

- Longwood Canal—9th August at 11am

Cost: €25 for 6 weeks

To register or for more information, contact Luke on 0469067887 or luke.condie@meathcoco.ie



Sports Ability Programmes

Learn 2 Cycle Bettystown

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 July 20th – August 24th

Time: 4:30pm- 5:30pm

Duration: 6 weeks

Venue: Colaiste Na Hlnse

Cost: €15

To book a place, please contact Terry on 046-9067887 or email 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 increasing children's confidence and ability in the water. The programme takes place over 6 weeks, one session per week delivered by qualified swim instructors. This programme is delivered in conjunction with Swim Ireland and is aimed at children with a disability. The involvement of parents is key to the success of this programme.

Date: Mondays July 3rd – August 7th

Time: 5pm-6pm

Location: Pop Up Pool Oldcastle

Duration: 6 weeks

Cost: €30

Spaces are limited. Registration is essential! For more information and to register please contact Sports Inclusion Disability Officer Terry Donegan on 0469067887 or email tdonegan@meathcoco.ie



Sports Ability Programmes

Inclusive Summer Camps

Inclusive Multi- Sport Summer Camps suitable for children with Autism or an Intellectual Disability. The camps will take place outdoors over two days and will see a variety of sports and activities take place including GAA, Soccer, Badminton, Hockey & Basketball. We encourage participants' siblings to join in the activities also. All parents will be asked to remain for the duration of each day.

Camp 1: Age 5-12 Years

Date: Tuesday July 25th – Wednesday July 26th

Time: 11am-1pm

Venue: Meath & District League Grounds Navan

Cost: €10 per family



Camp 2: Age 13-17 Years

Date: Tuesday August 1st – Wednesday August 2nd

Time: 11am-1pm

Venue: Meath & District League Grounds Navan

Cost: €10 per family

To book a place, please contact Terry on 046-9067887 or email tdonegan@meathcoco.ie

Inclusive Canoeing – Ribbontail Paddlers Canoe Club

Meath LSP will link with Ribbontail Paddlers Canoe club in Longwood to hold an Inclusive Canoeing session aimed at children with autism/ intellectual disability and their families. The session aims to give children an opportunity to gain confidence on the water with the help of the clubs experienced coaches. Places are limited for this session!

Date: Thursday July 27th

Time: 7pm-8:30pm

Venue: Ribbontail Paddlers Canoe Club Longwood

For more information please contact Terry Donegan on 046-9067887 or email tdonegan@meathcoco.ie



Sports Ability Programmes

Adult Day Services Meath Football Programme

Adult Day services in the County were engaged as part of the initiative which saw adults with an intellectual disability take part in a 6-week programme which focused on the elements of fun, confidence building and a social outlet.

The Football sessions each week were delivered by Meath LSP coaches with the support of the FFA development officer and Meath LSP SIDO.



Congratulations to the over 60 adults from across Meath who participated in the programme which ended with some small sided matches between the groups.

We are looking forward to linking in with all Adult Day Services in Meath on more inclusive initiatives. For more information contact Terry at tdonegan@meathcoco.ie or call 046-9067887.

Guide Running Workshop

Meath Local Sports Partnership are partnering with Vision Sport Ireland and Athletics Ireland to facilitate Meath's first guide running workshop.

Guide running is where a sighted runner supports a vision impaired or blind runner to exercise, train or compete in a safe manner

The guide running training is held in two parts:

- 1.5-hour online theory workshop: **Tuesday June 20th at 7pm-8:30pm.**
- 1-hour in person practical workshop: **Saturday June 24th at 12pm -1pm.**

Cost: €15

Venue: Claremont Stadium Navan

Register: <https://visionsports.ie/event/guide-running-workshop-meath/>





Claremont Stadium, Navan
Saturday June 24th 12-1pm





Sports Ability Programmes

Inclusive Golf at Headfort Golf Club

Headfort Golf Club and Meath LSP with the support of Golf Ireland held a golf 'come and try' session with members of the local Prosper Adult day services group in Kells.



The group had the opportunity to learn new skills in chipping and putting with the support of the two club professionals who really made the day an enjoyable experience.

Moving forward, Meath LSP hope to help build on the success of this day by supporting a more structured programme aiming to create opportunities for adults with a disability to be active in their local community.

For more information on this programme contact Terry Donegan on 046-9067887 or email tdonegan@meathcoco.ie



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



Calendar of Courses and Events 2023

Activity	Date	Time	Venue
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
Sports Injuries First Aid Training	21st September	6.30pm-10pm	Athboy Convent Community Centre
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
Safeguarding 1 Basic Awareness in Child Protection Workshop	11th October	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	19th October	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	23rd October	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	21st November	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person Workshop	22nd November	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	30th November	6.30pm-9.30pm	Zoom

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

Meath Local Sports Partnership, Town Hall, Watergate Street, Navan.

Tel: 046-9067887; Email: mlsp@meathcoco.ie