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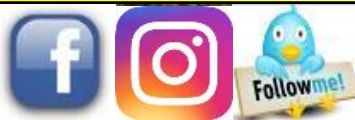
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View our website

<http://www.meathsports.ie>

Meath Local Sports Partnership launches its strategic plan 2023 – 2027 and celebrates 21yrs in existence!

An array of guests joined Meath LSP in launching their strategic plan (2023 – 2027) and marking their 21st year in Trim Castle Hotel recently.

Meath LSP are very lucky to have a highly qualified and motivated current & past board and staff involved; including excellent tutors and coaches who all deliver to exceptionally high standards!

We would like to extend our thanks to all for their ongoing commitment, energy, and engagement with Meath LSP!

You can view Meath LSP Strategic Plan 2023-2027 at <https://bit.ly/3sklizc>

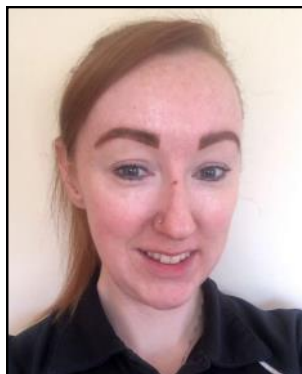
2023 also marks 21yrs in existence for Meath LSP – in celebrating this occasion, Meath LSP produced a video highlighting the past 21yrs. This video is available to view on the LSP's social media platforms.



Meet the Meath LSP team



Mary Murphy
Senior Executive Officer



Lynn O'Reilly
Senior Administrator



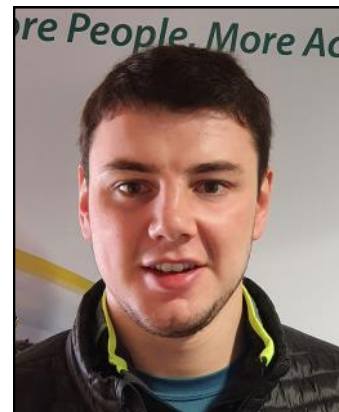
Ruairi Murphy
Programme Manager &
Sports Development Officer



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



Una Pearson
Club & Community Sports
Development Officer



Terry Donegan
Sports Inclusion Disability
Officer



Ross O'Donoghue
National Local Sports Partnership
Communications Coordinator



Community Activity Programmes

European Week of Sport 2023



European Week of Sport takes place on **23rd-30th September**.

The week is for everyone, regardless of age, ability, background or fitness level. The aim is to inspire everyone to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more.

Date	Activity	Time	Location	Description	How to book	Cost
Monday September 25 th	Mature Movers Navan	10am - 11am	Pitch and Putt Navan	Chair based exercise class	Ruairi Murphy RMurphy@meathcoco.ie	€30 for 6 weeks
Tuesday September 26 th	Run Jump Throw	5pm- 6pm	Athboy Con- vent Commu- nity Centre	For children with a Disability	Terry Donegan tdonegan@meathcoco.ie	€10 er family for 6 weeks
Wednes- day Sep- tember 27 th	Women's Social Soccer – KICK FIT	7pm- 8pm	Rossin Rovers FC, Slane	Social soccer for beginners or returning Wom- en and Girls 16+	Lisa O'Dowd lodowd@meathcoco.ie	FREE
Wednes- day Sep- tember 27 th	Women's Social Soccer – KICK FIT	8pm- 9pm	Kentstown Rovers, Kent- stown Village Park	Social soccer for beginners or returning Wom- en and Girls 16+	Lisa O'Dowd lodowd@meathcoco.ie	FREE
Wednes- day 27 th September	Men's Social Soccer – Kick-Fit	8pm – 9pm	MDL Grounds Navan	Social soccer for men 35+	Ruairi Murphy RMurphy@meathcoco.ie	FREE
Wednes- day Sep- tember 27 th	Kite Flying	5:30pm- 6:30pm	Bettystown Beach	For families	Una Pearson upearson@meathcoco.ie Register: https:// bit.ly/3L8Y85o	€5 per family (includ es kite & pack)
Wednes- day Sep- tember 27 th	Run Jump Throw	5pm- 6pm	Colaiste Na hInse Bettys- town	For children with a disability	Terry Donegan tdonegan@meathcoco.ie	€10 per family for 6 weeks
Thursday September 28 th	Mature Movers Ratoath	10.30am - 11.30am	The Venue Ratoath	Chair based exercise class	Ruairi Murphy RMurphy@meathcoco.ie	€30 for 6 weeks
Thursday September 28 th	Inclusive Canoe- ing	6pm- 7pm	Ribbontail Paddlers Ca- noe Club	For children with a disability	Terry Donegan tdonegan@meathcoco.ie	FREE
Thursday September 28 th	Women's Social Soccer – KICK FIT	9pm- 10pm	Parkvilla FC St. Pat's Navan	Social soccer for beginners or returning Wom- en and Girls 16+	Lisa O'Dowd lodowd@meathcoco.ie	FREE
Friday 29 th September	Women's Social Soccer – KICK FIT	7:30pm- 8:30pm	Dunshaughlin Youths, Seachnail's Ns Astro pitch	Social soccer for beginners or returning Wom- en and Girls 16+	Lisa O'Dowd lodowd@meathcoco.ie	FREE

Community Activity Programmes

Social Running Programmes return for Autumn/Winter!

The 0-3k Walk to Jog & 3-5k running programmes kick off again this September! This popular 6-week programme is open to both men and women and suited for walkers who would like to increase to jogging fitness or for those returning to running after an absence.

This programme will guide you step by step for 6 weeks making the transition from walking to jogging easy and fun. It is available to anyone who wants to increase their daily activity and is suitable for both MEN and WOMEN over 18yrs+ and all fitness levels. We are collaborating with local athletic clubs and the training is led by qualified coaches. Past participants and those returning to running after an absence are also welcome.

Club	Meeting Point	Start Date	Time	Registration
Tara AC	Ross Cross, Skryne	Monday 18th September	6.30pm	https://eventmaster.ie/event/9bB1Fw5HWJ
Navan AC	Claremont Stadium, Navan	Monday 18th September	7pm	https://eventmaster.ie/event/nE2plpIH0v
Na Fianna AC	Enfield GAA grounds, Enfield	Monday 18th September	7pm	https://eventmaster.ie/event/vGPjsPoSb4
Kells AC	Meeting at Fair Green, Kells	Monday 18th September	7pm	https://eventmaster.ie/event/vGPjsPoSb4
Trim AC	Meeting at Supermacs, Trim	Monday 18th September	7pm	https://eventmaster.ie/event/rpPgCPmS9y

Cost is €20 for 6 weeks. Booking is essential. For more details see <https://www.meathsports.ie/women-in-sport/0-to-3k-3-5k-running-programmes/>



Community Activity Programmes

Pop up Pool Oldcastle



Meath Local Sports Partnership, Meath County Council and Swim Ireland partnered on the Pop-Up Pool initiative to bring the 12m long Pop-Up Swimming Pool to Oldcastle from March until August of this year.

Approximately 3700 participants availed of a number of swim opportunities over the 5 months!

These programmes included:

- Learn 2 Swim – for children and adults.
- Swimability – for children and people with disabilities
- Open Public Swims
- Swimmin' Women – confidence builder for Women
- Parent & Baby and Parent & Toddler programmes
- Schools Programmes
- Aqua Aerobics
- Fun & Splash for children
- Improver sessions



The pool catered for all population groups. Our most regular users came from older adults, people with a disability, children & young people, women and girls and those from an ethnic minority background.

Across the 5 months nearly 30 programmes were ran with a total of 3,957 uses!

Meath LSP would like to thank the following for their support in ensuring the Pop-Up Pool in Oldcastle was a success: Meath County Council, Sport Ireland, Swim Ireland and Oldcastle Co-op.



Community Activity Programmes

Meath Running Group

Meath Running Group will continue with a 8 week 'Improve your Endurance' programme which will focus on steadily improving your endurance and building towards longer distance running. The programme is ideal for anyone aiming to complete a half marathon or full marathon.

The programme will focus on **good training principles**, pacing, posture & running form. The programme is suitable for anyone running 5k and over.

Meath Running Group – 'Improve your Endurance' programme will start **Wednesday 13th September in Blackwater Park, Navan.**



To register see: <https://eventmaster.ie/event/R46KuL5h76>

WALKTOBER 2023

Meath LSP, Meath County Council and Meath Healthy Clubs invite you to take part in our FREE 'Walktober' Challenge. This hugely popular programme returns for its third year with two challenges for the month of October: a **30km walking challenge & 80km walking challenge.**



Both challenges are supported with a walking calendar which includes daily targets and tips to help achieve your weekly/monthly challenge.

Our 30km challenge is designed to slowly increase your physical activity and walking levels whilst providing you with an achievable target by month end. Suitable for anyone who wants to increase their activity levels in a planned, fun and gradual way.

Our 80km challenge is great for those who are intermediate/advanced walkers and want to challenge themselves during October. This 4-week challenge is designed to challenge those who already actively take part in walking.

Walktober challenge...be part of it, all abilities and ages welcome! More information coming soon!

Community Activity Programmes



Men on the Move – the Best Move You Will Ever Make!



Social Soccer for Men

Men's Football Kick-Fit is a new recreational programme by the FAI in association with Meath Local Sports Partnership to increase participation in soccer for Men aged 35+ in Meath.

The pilot programme will commence in 2 soccer clubs, East Meath United & Parkvilla FC, with the aim of engaging and re-engaging Men 35+ through recreational football. The main emphasis is fun, participation and feeling a bit fitter. No previous football experience is needed, suitable for beginners.



- **East Meath:** starting Saturday 30th September at 4.30pm in East Meath United FC.
- **Navan:** starting Wednesday 27th September at 8pm in the MDL Grounds (Parkvilla).

For more information please contact Graham Kane at graham.kane@fai.ie

Pickleball for Men 35+

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Come along and give it a go!

⇒ **Navan:** Thursday 28th September at 7pm in Claremont Stadium.

For more information please contact Ruairí Murphy at rmurphy@meathcoco.ie



Social Basketball for Men

Social Basketball for Men is all about getting active through sport, participants will have the opportunity to learn the key skills of basketball and play for fun.

- **Ashbourne** – Wednesday 20th September at 8pm in Ashbourne Community School.
- **Bettystown** – Wednesday 20th September at 8pm in Colaiste na hInse.

The 6-week programme is aimed towards complete beginners and those with previous experience. No fitness level needed and all will be delivered by qualified coaches. Cost is €20 for 6 weeks.



For more information please contact Ruairí Murphy at rmurphy@meathcoco.ie

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 January to June 2023 over 1,000 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.

1015 Participants
 10 venues
 20 partner agencies
 33 programmes
 12 coaches
 3 areas



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 for the Autumn coming soon.

If you would like more information on Community Sports Hub Navan, please contact Una Pearson on 046-9067887 or email upearson@meathcoco.ie



Community Activity Programmes

Community Sports Hub Navan



Halloween Camps

Would you like your child to take part in fun multi-sport 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 Halloween Camp –

Blackwater Park

Date: Tuesday 31st October – Thursday 2nd November

Time: 10am – 12pm

Venue: Blackwater Park, Navan

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

Register: <https://bit.ly/44JhtB2>

Multi-Sport Halloween Camp –

Claremont Stadium - Hall

Date: Tuesday 31st October – Thursday 2nd November

Time: 1pm-3pm

Venue: Claremont Stadium, Navan

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

Register: <https://bit.ly/3rcNGD4>

Please book via registration links above. For any other queries please contact Paul at cshtfacilitator-navan@gmail.com or call 046-9067887.



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gcuntas díomhaoin
the dormant
accounts fund

COMMUNITY
SPORTS HUB
NANAN

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



Training & Education



Sport Ireland Coaching Regional Online Workshops

Physical Literacy

Physical literacy is the foundation for lifelong involvement in physical activity.

This module is an interactive 3 hour workshop which will enable coaches to:

- Outline the importance of physical literacy
- Explain whether individuals can be described as 'physically literate' and whether physical literacy can be assessed

Date & Time: October 17th at 6:30pm-9:30pm

Cost: €10

Coaching Children

Sport Ireland Coaching have developed 4 modules, specifically to provide participants with a basic understanding of children's sport and physical activity and the best way to best optimise children's enjoyment, participation and positive outcomes. The course is for Coaches of all sports, coaches will complete 4 weekly online workshops.

Workshop 1: Coaching Children Successfully in Sport - An Introduction for Coaches

Workshop 2: Child-Centred Coaching - Understanding Child Development & Learning and its Impact on How We Coach

Workshop 3: Developing Physical Literacy through Sport 1 - Coaching Children to Move

Workshop 4: Developing Physical Literacy through Sport 2 - Coaching Children To Think

*Attendance at all four workshops is compulsory for certification

Dates & Time: Tuesday October 24th, Tuesday November 7th, 14th & 21st @6:30pm-9:30pm

Cost: €30

Coaching Teenage Girls

This workshop is designed specifically to support coaches of girls aged 12-17 years of age. Learn new ways to:

- Keep teenage girls engaged in sport
- Identify the needs of teen girls in sport today
- Tips for Coaching
- Communication and Social Skills

Date & Time: Tuesday 28th November @6:30pm-9:30pm

Cost: €10

For more information or to book your place on any of these workshops contact Una Pearson at 0469067887 or email upearson@meathcoco.ie

Women in Sport

Leadership Development opportunities for Women in Sport in Meath!

Women in Meath can take the next step on their leadership journey in sport with a new development programme from Meath LSP.

The 6 week programme is designed for female volunteers aged 18+ who are currently involved in a club/sporting organisation or community group (where role is closely aligned to developing sport or physical activity), who might need some support to take on a leadership role within sport.



This course is for women who:

- May have played sport and are looking for more ways to give back to the club/sporting organisation or community group
- Is a coach and would like the confidence to get involved with club/sporting organisation or community group set up
- Is a parent/guardian who feels they would like to get involved with their child's sport or physical activity but needs support around how they could do that.

To be eligible for this programme you must:

- Be nominated by club/sporting organisation/ community group
- Be over the age of 18
- Already have a voluntary role/or would like to develop a voluntary role within your club/ sporting organisation/community group
- Be available to attend on specified programme dates



Those interested are asked to submit an expression of interest application form before September 13th. The 6 week course itself starts on **September 25th**.

Anyone interested in taking part in the Women in Sports Leadership Development course should complete the expression of interest form @ <https://forms.gle/z45RzF6r23KT34sb8> before **Wednesday 13th September at 4pm**.

See: <https://www.meathsports.ie/women-in-sport/women-in-sport-leadership-course/>

Women in Sport

Women's Football Kick-Fit

Women's Football Kick-Fit is a new player pathway programme being launched by Meath LSP and the FAI to increase participation in soccer for women and girls aged 16+ in Meath.

In collaboration with 4 soccer clubs in Meath, this new programme will engage and re-engage female players through a comprehensive training initiative and help current and former players to take more leadership roles in womens soccer e.g. coaches and officials.



Programme opportunities include:

- Increase female participation in clubs
- Upskill existing soccer players to become club coaches and officials
- Balance the gender divide in club coaching and club committees
- Be part of a sustainable programme that supports womens soccer

Club	Date	Time	Venue
Rossin Rovers AFC	Wednesday 20th September	7pm	Rossin Rovers AFC, Slane
Kentstown Rovers	Wednesday 20th September	8pm	Kentstown Village
Parkvilla FC	Thursday 21st September	9pm	St Pat's Classical School Navan
Dunshaughlin Youths FC	Friday 22nd September	7.30pm	St Seachnail's NS Astro Pitch

Block 1 - Come & Try Programme

The 6-week programme is aimed towards complete beginners and also those who may have previous experience. It is inclusive of all ages (16+) and all fitness levels. The training is delivered by qualified soccer coaches who are experienced players and are on hand to guide and support everyone taking part.

Block 2 - Upskilling

Increase soccer skills and pace for those who would like to pursue soccer to a more competitive level

Block 3 – Education & Training

- PDP 1 female only training for all clubs involved in the programme. This comprehensive training initiative is the first step to becoming a qualified soccer coach.
- FAI 'Officials' Training Course available for those who would like to try their hand at other responsible roles in soccer: Referee, Match Officials etc
- Safeguarding 1 – Child Protection Training – a comprehensive training initiative to protect and support all coaches working with children and vulnerable adults
- Coaching Teenage Girls Workshop – a workshop designed specifically for coaches who are training teenage girls

Block 4 – New Coach Programme

- Newly qualified PDP 1 coaches will get the opportunity to plan and train teams to take part in a soccer blitz event.
- Assist in coaching one young female team (e.g. Girls U10) within their own club structure for 5 weeks.

To register click [HERE](#)

Women in Sport

Mastering Midlife Workshop

The workshop is ideal for all women from 35+ years, who are wondering how peri-menopause and menopause is affecting them mentally and physically and how making small changes can increase energy levels, improve sleep & mood and decrease weight gain.

This is a informative, interactive workshop delivered by Irene Clarke on behalf of Meath LSP. Cost of 4-hour online workshop is €20.

Dates: Wednesday 15th & 22nd November from 7pm-9pm.

To register see <https://eventmaster.ie/event/w7PRtPySRQ> Places are limited so early booking is advised.



Socia-Ball (Social Basketball for Women 18yrs+)

Meath LSP and Basketball Ireland are working together to introduce Basketball into new areas for women with the main emphasis on participation, fun and fitness.



In a fun and social setting, participants will have the opportunity to learn the key skills of basketball 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.

This is inclusive of all ages (18yrs+) and fitness levels and will be delivered by qualified coaches.



Programme	Location	Start Date	Time	Duration	Cost	Registration link
SOCIA-Ball	Ashbourne	20/09/2023	7-8pm	6 weeks	€30	bit.ly/meathsocialreg23
SOCIA-Ball	Athboy	19/09/2023	7-8pm	6 weeks	€30	bit.ly/meathsocialreg23

Youth / Teens / Schools

Youth Basketball

Meath LSP and Basketball Ireland return for another Youth Basketball programme in Meath!

This 6-week programme is specifically aimed towards 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 €30 for 6 weeks.

Location	Start Date	Time	Duration	Cost	Registration Link
Ashbourne	20/09/2023	5:45pm-6:45pm	6 weeks	€30	bit.ly/meathsocialreg23
Athboy	19/09/2023	6pm-7pm	6 weeks	€30	bit.ly/meathsocialreg23
Dunboyne	19/09/2023	5pm-6pm	6 weeks	€30	bit.ly/meathsocialreg23
Navan	18/09/2023	TBC	6 weeks	€30	bit.ly/meathsocialreg23

Primary Schools—Olympic Handball

Meath LSP are delighted to partner the Irish Olympic Handball Association (IOHA) for the Primary Schools Competition taking place from September 2023. This is the first time County Meath will be aligned with the national schools competition.

Meath LSP will be supporting the provision of the competition by providing teacher training to all schools taking part in the Meath Primary Schools Handball League and supporting the schools throughout the competition.



School registrations close on 29th September, no registrations will be accepted after this date. For more details see: <https://www.meathsports.ie/young-people-schools/sports-specific-school-programmes/olympic-handball-for-primary-schools/>

IOHA Schools Registration: <https://www.olympichandball.org/registration>. **Closing Date: Friday 29th September**

Youth / Teens / Schools

Cycle Safety

Cycle safety in Primary Schools delivered by **CYCLE RIGHT**.

The Cycle Right programme has been implemented within primary schools nationwide. The goal of **CYCLE RIGHT** is to provide the national standard of cycle safety and skills training to all participants.



CYCLE RIGHT, offers

- Best-practice in cycle training, derived specifically for our unique environment
- Quality of delivery and an on-going quality assurance system to ensure consistency
- Guaranteed ratio of qualified, registered trainers to work with your groups
- A goal of on-road training as a core part of the programme
- Resources for schools, teachers and parents/guardians to facilitate follow up and support to training

In Meath, we are delighted to continue our partnership with the team in the Cycle Safety School.

If you require further information, please contact Barbara Connolly at cyclingsafetyschool@gmail.com



Adults 50+

Indoor Bowls League

Meath LSP invites older adults groups to participate in our Indoor Bowls League starting 16th October.

This hugely popular league runs over the Winter & Spring months and provides great social interaction between the teams.



Approx. 10-12 teams participate in the league which is run on a home and away basis. Teams are made up of 3 players (known as trips) from each group.

To book a place in the tournament, please contact Ruairi on 046-9067887.

Pickleball

Pickleball is a paddle racquet sport very similar to a social form of adapted tennis. It is played with a light plastic ball, a lower height net, on courts similar in size to a badminton court.



It is a fun, easy to play activity, which encourages movement and combines elements from tennis, badminton and table tennis.

Pickleball can be played in singles or doubles format by all ages and skill abilities. No experience required!

Meath LSP wish to provide training to groups who will in turn deliver pickleball activities within their local community. Training and equipment would be provided to groups.

Contact Ruairi at 046-9067887 or email rmurphy@meathcoco.ie for more information.



Adults 50+

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.

Area	Venue	Day	Time
Navan	Pitch and Putt Navan	Monday 18 th September	10am– 11am
Piltown	St Colmcille's GAA	Monday 18 th September	11:45am -12:45pm
Athboy	St. James' Hall	Tuesday 19 th September	12pm -1pm
Ballinacree	Balinacree Parish Hall	Wednesday 20 th September	10am – 11am
Kells	Eureka House	Wednesday 20 th September	12pm –1pm
Trim	Trim GAA	Wednesday 20 th September	11am – 12pm
Ratoath	The Venue	Thursday 21 st September	10.30am-11.30am
Ashbourne	Ashbourne GAA	Wednesday 27 th September	12pm –1pm

Cost: €30 for 6 weeks.

If you would like to participate in the Mature Movers Activity Programme in your area please contact Ruairi Murphy on 046-9067887.



Adults 50+

Dance Programmes

Dance for Life 50+

Meath LSP is delighted to announce that Dance for life 50+ is back! This is a 6 week programme for all adults 50+.



This will include in various types of line dances such as slow waltz, cajun skip and many more! This programme is ideally suited for older adults as it provides social interaction whilst improving many health benefits. It will help improve balance, agility, strength and flexibility.

Starting Wednesday 4th October at 11am in Eureka House, Kells. Cost is €30 for 6 weeks.

If you would like to take part, please contact Ruairí at rmurphy@meathcoco.ie or on 046 9067887.

Zumba Gold

Zumba Gold is perfect for Active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!



Come along and try Zumba Gold on Thursday 5th October at 11am in Bohermeen Community Centre. Cost is €30 for 6 weeks.

If you would like to take part, please contact Ruairí at rmurphy@meathcoco.ie or on 046 9067887. Spaces are limited so make sure you don't miss out!

Sports Ability Programme

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 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 Meath LSP have a teenage Run Jump Throw aimed at children with Autism / Intellectual disability aged 12-17 years. To book please contact Terry at tdonegan@meathcoco.ie or call 046-9067887.



Area	Venue	Date	Time	Cost
Navan	Scoil Naomh Eoin, Navan	Mondays September 25 th – October 23 rd	4pm-5pm	€10 per family
Athboy	Athboy Convent Community Centre	Tuesdays September 26 th – October 24 th	5pm-6pm	€10 per family
Dunboyne	Dunboyne Community Centre	Wednesdays September 20 th – October 25 th	4pm - 5pm	€10 per family
Bettystown	Colaiste na hInse	Wednesdays September 20 th – October 25 th	5pm-6pm	€10 per family
Dunshaughlin	Dunshaughlin Community Centre	Thursdays September 21 st – October 26 th	5pm-6pm	€10 per family
Ashbourne	Ashbourne Community School	Thursdays September 28 th – October 26 th	5pm-6pm	€10 per family
Navan – Teenage Programme	Scoil Naomh Eoin, Navan	Thursdays September 28 th – November 2 nd	6pm-7pm	€10 per family

Sports Ability Programme

Learn 2 Cycle Ashbourne

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.

Date: Thursdays September 14th – October 19th

Time: 4:30pm- 5:30pm

Duration: 6 weeks

Venue: Ashbourne Community School

Cost: €15



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

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

Sports Inclusion & Disability Awareness Training

Meath LSP in conjunction with Cavan Sports Partnership are delighted to announce we will be hosting a sports Inclusion and Disability Awareness Webinar.

This is a **FREE** webinar will be delivered online and is aimed at people who are interested in taking the first step in making their activities inclusive.

Date: Tuesday 17th October

Time: 7pm-8:30pm

Venue: Zoom

Cost: Free

For more information or to book a place, please contact Terry Donegan on 0469067887 or email tdonegan@meathcoco.ie





Sports Ability Programme

CASTLE VILLA FOOTBALL FOR ALL PROGRAMME

**Friday September
15th @ 6:30pm**

**Castle Villa Grounds,
Moynalty**

**Suitable for children
with additional needs
aged 6- 16 years**

**Pre-registration
required!**

Phone: 0469067887

Email:

tdonegan@meathcoco.ie



MEATH
Local Sports Partnership
— SPORT IRELAND —

Sports Ability Programme

Meath Local Sports Partnership Accessible Equipment

Handcycles Available

Meath LSP are delighted to launch a new Handcycling Initiative in County Meath!

Meath LSP purchased two handcycles through the support of the Sport Ireland Dormant Account fund. One handcycle is upright and suitable for children with the other recumbent handcycle suitable for adults.

The handcycles are powered by the arms and will support people with a disability to be more physically active.

Meath LSP are offering these Handcycles on Loan to individuals or groups who may find them beneficial.

For more information on how to access the Handcycles please contact Sports Inclusion Disability Officer Terry Donegan on 0469067887 or email tdonegan@meathcoco.ie



Beach Wheelchairs on Bettystown Beach

Meath LSP are in the process of providing two Beach Wheelchairs at Bettystown Beach.

The provision of these chairs will enable people with a physical disability and those with reduced mobility to access and enjoy the beach! The chairs provided will cater for both children and adults.

For more information please contact Sports Inclusion Disability Officer Terry Donegan on 0469067887 or Email tdonegan@meathcoco.ie





Sports Ability Programme

Junior VI Football Come & Try Event Donacarney Celtic FC Meath

September 23rd
11 - 12pm
6 - 16 years



Sports Ability Programme

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 a 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 28th September

Time: 6pm-7pm

Venue: Ribbontail Paddlers Canoe Club Longwood

For more information please contact Sports Inclusion Disability Officer 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 the 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 at 046-9067887 or email tdonegan@meathcoco.ie



Calendar of Courses and Events 2023

Activity	Date	Time	Venue
Safeguarding 1 Basic Awareness in Child Protection (FULLY BOOKED)	11th September	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Training (FULLY BOOKED)	12th September	6.30pm-9.30pm	Zoom
Sports Injuries First Aid Workshop (FULLY BOOKED)	21st September	6.30pm-10pm	Athboy Convent Community Centre
Women in Sport Leadership Development Programme	25th September	7pm –8.30pm	Online/In-person
Safeguarding 1 Basic Awareness in Child Protection (FULLY BOOKED)	28th September	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person (DLP) Workshop	3rd October	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	11th October	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Training	19th October	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	23rd October	6.30pm-9.30pm	Zoom
Sports Injuries First Aid Workshop	1st November	6.30pm-10pm	Claremont Stadium, Navan
Safeguarding 1 Basic Awareness in Child Protection	21st November	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person (DLP)	22nd November	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	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