



In this Issue

Spring into Motion

Community Activity

- 0-3k & 3-5k Social Running Programmes
- ParkRun
- Active Men
- GAA Dads & Lads
- Community Sports Hub Navan
- Bike Week 2024

Women in Sport

- Social Soccer
- Socia-Ball
- Walking Netball
- Netball
- Women In Sport Week

Training & Education

- Safeguarding 1 Workshop
- Safeguarding 2 Workshop
- Safeguarding 3 Workshop
- Sports Injuries First Aid
- Olympic Handball Coach Training Workshop
- Leadership in Sport for young people
- Coaching Children/Teenagers Workshops

Youth/Teens

- Youth Social Basketball
- Netball for girls

Schools

- Primary Schools Olympic Handball
- Secondary Schools- Run the Royal County 5k
- Inspiring Girls Programme
- Cycle Safety

Adult Programmes 50+

- Mature Movers
- Pickleball
- Active Retirement Bowls
- Age & Opportunity Grant
- Activator Pole Walking

Sports Ability

- Accessible Equipment
- Run Jump Throw
- Sports Inclusion & Disability Awareness Workshop
- North East Inclusion Days
- Junior VI Football
- Learn 2 Cycle



Physical Activity for All Ages and Abilities



Young People

Women

Adults 50+

Inclusive Sport

Community

Men



Full programme of physical activity for everyone in Meath!

Choose from a wide range of physical activity programmes suitable for all ages and abilities.

Programmes are delivered in various locations across Meath and are inclusive of the following groups:

- Women
- Men
- Adults 50+

- People with a Disability
- Community Sports Hub Navan
- Community Walking



→ To view full timetable of activities please see:
<https://www.meathsports.ie/spring-into-motion/>



View our website

<http://www.meathsports.ie>

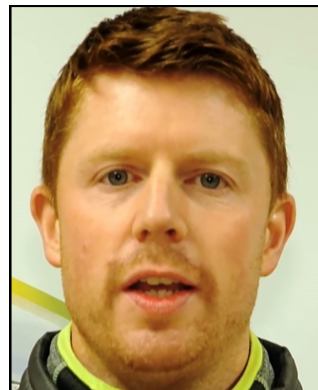
Meet the Meath LSP team



Mary Murphy
Senior Executive Officer



Lynn O'Reilly
Senior Administrator



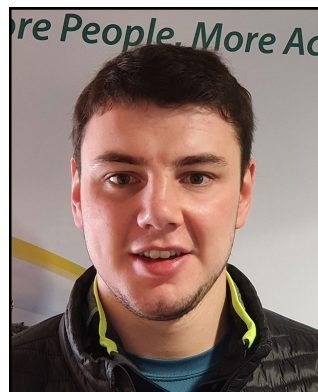
Ruairi Murphy
Programme Manager &
Sports Development
Officer



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



Una Pearson
Club & Community Sports
Development Officer



Terry Donegan
Sports Inclusion Disability
Officer



Patricia Gillick
Administrator
(Maternity cover)



Ross O'Donoghue
National Local Sports Partner-
ship Communications Coordi-
nator

Community Activity Programmes

0-3k & 3-5k Social Running Programmes

The 0-3k Walk to Jog & 3-5k Jog to Run programmes will start from Monday 22nd January for 6 weeks.

This popular programme is open to both MEN and WOMEN 18+ and is suitable for walkers who would like to increase to jogging fitness or for those returning to running after an absence. Past participants are also welcome.

This programme will guide you step by step for 6 weeks making the transition from walking to jogging easy and fun.

We are collaborating with local athletic clubs and the training is led by qualified coaches.



VENUE	DATE	TIME
Tara AC, Ross Cross	Mondays from 22nd Jan	6:30pm
Navan AC, Claremont Stadium	Mondays from 22nd Jan	7pm
Enfield, Enfield GAA	Mondays from 22nd Jan	7pm
Trim AC, meeting at Supermacs	Mondays from 22nd Jan	7pm

→ For more details and to register please see: [Women in Sport](#) | [Meath Sports](#)

ParkRun

A free, fun, and friendly 5k community event held weekly. Walk, jog, run, volunteer or spectate – it's up to you! Open to all ages.



Please see areas across Meath below:

- ⇒ **Parkrun Navan** – every Saturday at 9:30am in Blackwater Park, Windtown Road, Navan
- ⇒ **Parkrun Oldbridge** – every Saturday at 9:30am, meet at Battle of the Boyne Visitor Centre, Oldbridge, Drogheda, Co. Meath
- ⇒ **Parkrun Porch Field** – every Saturday at 9.30am, meet at Porch Field on the Navan side of Ring Road, Trim, Co. Meath
- ⇒ **Parkrun Deerpark** – every Saturday at 9.30am in Deerpark, Deerpark Heights, Carlanstown, Co. Meath

→ Please see website for further details: [home](#) | [parkrun Ireland](#)

Community Activity Programmes

Active Men

The Active Men Initiative aims to provide a variety of physical activity programmes for men 35+ in Meath. The programmes are all suitable for complete beginners.

Social sport is a popular way for men to get active. Meath piloted Social Soccer with the FAI & Social Basketball with Basketball Ireland in November 2023. The 6 week programmes aimed to get men active in a fun and non-competitive environment, creating a social group for the men to continue playing after the programme. The 2 pilot programmes were a huge success with 27 men taking part in basketball and 41 men participating in soccer.



In 2024 there will be more opportunities for men to try our social sport. Please see below upcoming activities:

Programme	Venue	Start Date	Time
Social Basketball	Ashbourne Community Centre	Wednesday 24th Jan	8pm
Pickleball	Claremont Stadium	Thursday 25 th Jan	7pm
Pickleball	Coláiste na hInse, Bettystown	Wednesday 24 th Jan	8pm
Social Soccer	East Meath United	Saturday 27th Jan	4:30 –5:30pm

→ For more info, please contact Ruairí on rmurphy@meathcoco.ie or call 046-9067887.

GAA for Dads & Lads

Meath GAA in association with Meath LSP will be delivering the Dads & Lads programme around the county in **2024!** 'GAA for Dads & Lads' is a social hurling and football programme for those keen to enjoy Gaelic Games outside the traditional competitive structures of the GAA.

Regardless of whether you are a recently retired great, a lapsed player looking to reconnect with the game you once loved, or completely new to Gaelic Games and looking to try your hand at a bit of hurling or football—'GAA for Dads & Lads' could be for you!

→ If your club would like to get the Dads and Lads programme up and running please email Meath GAA Development Officer Damien Sheridan on damien.sheridan.gpo.meath@gaa.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 2023, over 2,191 participants took part in 38 programmes with the assistance of 25 partner agencies & 12 coaches. Activities included: Active Women, Multi-Sport activities, Midterm Multi-Sport Camps, Fit Dance, Olympic Handball, Basketball, Tag Rugby, Futsal, Buggy Buddies and much more.



→ For more info, contact Una Pearson on 046-9067887 or email upearson@meathcoco.ie

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



Community Activity Programmes

February Mid Term Multi-Sport Camp



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

Check out the details below where children aged 5-12 can be active and take part in a variety of sports & activities.

February Midterm Multi-Sport Camp

Date	Time	Venue	Age Group
Thursday 15 th & Friday 16 th February	10:00am – 1:00pm each day	Claremont Stadium Navan, Hall Outdoor space will be used weather permitting	5-12 years only

Activities: A variety of different sports e.g., Soccer, Tag Rugby, Basketball, Badminton, GAA and a variety of fun games, obstacle courses, relays etc.

Cost: FREE

Register: <https://www.meathsports.ie/community-sports-hub-navan/>

Spaces are limited and will be on a first come basis! All participants must register in advance.

For any other queries, please contact Una at upearson@meathcoco.ie or call 046-9067887





Community Activity Programmes

Community Sports Hub Navan
Community Activity Programmes for Families
All programmes are FREE!



Programme	Description	Date	Venue	Time	Age
Family Multi-Sport Activities	Fun Multi-Sport activities for parents/guardians & children to enjoy together e.g. Rounders, Obstacle courses & a variety of sports	Saturday 20th January	Blackwater Park	10:30am – 12pm	Open to families: Children 5yrs+ & parents/ guardians
Family Orienteering	Orienteering is a fantastic outdoor activity that combines running/walking using maps	Saturday 27th January	Blackwater Park	10:30am – 12pm	Open to families: Children 5yrs+ & parents/ guardians
Family Rounders	Using a bat and a ball, families get an opportunity to play against each other in this fun activity	Saturday 3rd February	Blackwater Park	10:30am – 12pm	Open to families: Children 5yrs+ & parents/ guardians
Family Multi-Sport Activities	Fun Multi-Sport Activities for parents/ guardians & children to enjoy together e.g., Rounders, Obstacle courses & a variety of sports	Saturday 10th February	Blackwater Park	10:30am – 12pm	Open to families: Children 5yrs+ & parents/ guardians
Olympic handball	Come + Try Olympic handball	Monday 19th Feb – 1st Apr (excluding 18th Mar Bank Hol)	St. Stephen's	4:00-4:50pm 5:00-5:50pm	6-9yrs 9-12yrs
Tag Rugby	Come and try fun Tag Rugby sessions – a mixture of indoor and outdoor	Tues 20th Feb – 26th Mar	Scoil Naomh Eoin	4:30-5:30pm 5:30-6:30pm	6-9yrs 9-12yrs
Multi-Sport	Come and Try Fun Multi sport Sessions – a different sport each week e.g. Badminton, Volleyball, Hockey, Olympic Handball etc	Thurs 22nd Feb – 28^h Mar	Scoil Naomh Eoin	4-6pm	9-12yrs

Spaces are LIMITED and will be on a first come basis! Registration is mandatory for all programmes.
Register at: <https://www.meathsports.ie/community-sports-hub-navan/>

For further information on Community Sports Hub Navan, please contact Una at upearson@meathcoco.ie or call 0469067887

Please note, your child does not have to attend the school to attend a programme.

Community Activity Programmes



Bike Week 2024



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

Bike Week 2024 is being held between the **11th & 19th May**. Events will be happening across Meath!

Keep an eye on our webpage or the Bike Week web page for details of events happening near you during Bike Week.

Funding applications for Bike Week 2024 will open in late February.

For any queries
please contact
Una at

upearson@meathcoco.ie
or call 046-9067887



Women in Sport

Women's Social Soccer

Women's Social Soccer continues this January!

This new soccer programme for women is a collaboration between Meath LSP & the FAI, aiming to increase participation in soccer amongst women & girls aged 16+ in Meath.

The overall programme also provides a new coach education training initiative to increase the number of female coaches and officials in Meath clubs.



Come & Play Social Soccer (free of charge) → Suitable for complete beginners and all fitness levels!

CLUB	DATE	TIME	VENUE
Kentstown Rovers	Wednesdays from 17 th Jan	8pm	Kentstown Village
Parkvilla FC	Thursdays from 18 th Jan	9pm	St Patrick's Classical School Navan
Dunshaughlin Youths FC	Fridays from 19th Jan	7:30pm	Dunshaughlin

FAI All- Female Coaching Programme

FAI & Meath LSP are introducing a **NEW** 'All-Female Soccer Training Initiative' to help increase and support women's soccer in Meath.

The training initiative comprises of:

- Safeguarding – 3 hours
- PDP 1 (female only) - 2.5 hours
- FAI Official Training Course – Referee, Match Official (optional)
- Coaching Teenage Girls Training
- All new qualified coaches will receive a Coach Training Top

(Garda Vetting – must be completed through FAI Connect Account)

→ **Cost is €25!**

For more details:

<https://www.meathsports.ie/social-soccer-for-women-girls-16/>

NEW
All-Female
Coaching
Programme



Women in Sport

Socia-Ball (Social Basketball for Women)

Meath LSP are delighted to support Basketball Ireland to continue social basketball for women in Meath.

Socia-Ball is a basketball initiative for women with the main emphasis on Participation, Fun and Fitness.

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

The 4-week programme is aimed towards complete beginners and those returning to basketball. It is inclusive of all ages and fitness levels and will be delivered by qualified coaches.



Programmes are currently taking place in the following locations:

Location	Start Date	Time	Cost	Registration link
Athboy	16th Jan	7- 8pm	€20	Socia-Ball - Social Basketball for Women Meath Sports
Ashbourne	17th Jan	7- 8pm	€20	Socia-Ball - Social Basketball for Women Meath Sports

→ If you require additional information, please contact Lisa at lodowd@meathcoco.ie

Walking Netball for Women

Walking Netball is a friendly & inclusive programme, allowing women the opportunity to find their place in the sport. It's netball, but at a walking pace where the rules are slightly tweaked.

The programme is non-competitive with the main emphasis on fun and fitness. It's a fantastic opportunity for women to try something new or continue to play netball at a social level.

**NEW
Programme!**



Taking place in **Drogheda Grammar School** on **Monday 19th February** from **6pm**, this 4-week introduction programme is suitable for all women regardless of age, experience and fitness level.

→ For more details please see <https://www.meathsports.ie/women-in-sport/netball/>

Women in Sport

Netball for Women

Following the highly successful Social Netball for Women initiated in 2021, **Boyne Netball Club** continue to flourish and will start their new season on **Monday 15th January at 7pm in Drogheda Grammar School.**

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 girls & women from 12+, no prior experience is necessary just an interest to learn the skills and get involved in a social team sport.



To register please contact: BoyneNetball@gmail.com

Women in Sport Week (4 -10th March—Save the date!)

Women in Sport Week takes place from 4th – 10th March with International Women's Day on Friday 8th.

The aim of Women in Sport Week is to celebrate women and girls who take part in all aspects of sport and physical activity!

Here at Meath LSP, we will be offering a wide variety of sporting activities for women & girls of all ages. This is a great opportunity to try something new and re-engage with a sport you may not have played for a while.

We work in collaboration with local clubs and partners to provide programmes that can be accessed locally.

So, if you would like to try out something new or revisit an old sport then come along and join us for a host of activities during Women in Sport Week.

→ A full timetable for WIS week activities will be

available soon – please see our webpage for regular updates <https://www.meathsports.ie/women-in-sport/women-in-sport-week/>





Training & Education

Safeguarding 1 Basic Awareness in Child Protection Workshop

24th January | 6.30pm-9.30pm | Zoom

OR

8th February | 6.30pm-9.30pm | Zoom



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

The workshop will highlight the main principles of the Code and look at measures that clubs can take to create and maintain the safest possible environment for sport for young people. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

It is recommended that you renew your Safeguarding certificate every 3 years for good practice. Participants attending this workshop must be over 18 years of age. The cost is €25pp for clubs in Meath and €40pp for clubs outside of Meath. A good internet connection is required for this course.

→ For more dates, please see calendar of courses on the last page. To book, please email Trish at pgillick@meathcoco.ie or call 046-9067887.

Safeguarding 2 Club Children's Officer Workshop

13th February | 6.30pm-9.30pm | Online via Zoom

Recommendations from Sport Ireland are that every club involved with children and young people should appoint a Club Children's Officer. This person is the link between the children and the adults in the club and also takes responsibility for monitoring and reporting to the Club Management Committee on how club policy etc. impacts on children and their Sports Leaders.

It is essential that those who wish to attend the Safeguarding 2 Club Children's Officer (CCO) Training have attended the Safeguarding 1 Basic Awareness course. It is recommended to have at least one Club Children's Officer per club or if there is a large number of both boys and girls in the club, to have two Club Children's Officers – one male and one female.

The cost of this workshop is €25pp for clubs in Meath and €40pp for clubs outside of Meath. A good internet connection is required for this course.

→ Please call 046-9067887 or email pgillick@meathcoco.ie to check availability of spaces.



Training & Education

Safeguarding 3 Designated Liaison Person (DLP) Workshop

14th March | 6.30pm-9.30pm | Online via Zoom

The third part of the Sport Ireland Child Welfare & Protection Training Programme is the **Designated Liaison Person workshop**. Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children.

The *Designated Liaison Person* is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI. The organisation's child protection policy and procedures should include the name and contact details of the *Designated Liaison Person* and the responsibilities attached to the role.

A person appointed to the *Designated Liaison Person* position in a club must have Safeguarding 1 and should complete the **NEW Designated Liaison Person 3 hour workshop**. A club may appoint the same person to both the CCO and DLP positions, however best practice advises that they are kept as separate roles.

→ Please call 046-9067887 or email pgillick@meathcoco.ie to book.

Sports Injuries First Aid



The course is aimed at coaches, mentors, teachers, supervisors, players, athletes and volunteers and anyone wishing to be able to deal with minor sports injuries.

Participants will learn practical skills so that they can deal competently with situations that may arise. All participants receive a certificate of attendance.

Course Content

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

→ To enquire about a Sports Injuries First Aid workshop, please email Trish at pgillick@meathcoco.ie or call 046-9067887.

Training & Education

Olympic Handball Coach Training Workshop

Meath LSP and Irish Olympic Handball Association (IOHA) are hosting a **FREE** Teacher & Coach training workshop!

This workshop is suitable for coaches, teachers, parents, volunteers & anyone who wants to help out with Olympic Handball in the community.

The workshop is delivered by highly experienced and qualified tutors from Irish Olympic Handball Association.



Date: Wed 24th January

Time: 6:30-9:30pm

Venue: Scoil Naomh Eoin

Register: <https://www.meathsports.ie/training-education/olympic-handball->

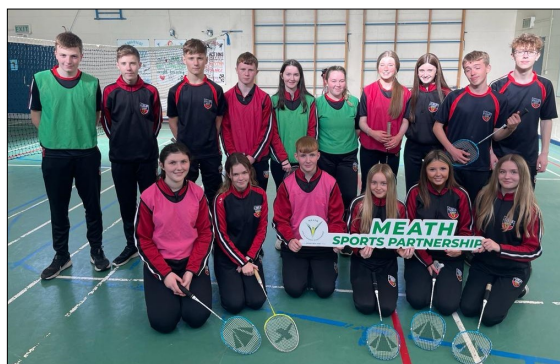
Pre-Registration is essential. Places are limited & available on a first come first serve basis!

For more information please contact Una at upearson@meathcoco.ie or call 046-9067887.

Leadership in Sport for young people

Leadership in Sport is a new Meath LSP programme designed and created especially for young people 15-17yrs. It provides an inclusive platform for young people to learn leadership skills such as communication, teamwork, problem solving and helps them prepare and plan activities that are fun and inclusive.

It has a multi-sport practical approach where learners are introduced to a wide variety of generic and sport specific games where they can lead and evaluate their own activity. The programme also includes the sport specific training in either Basketball, Olympic Handball or Badminton. New leaders will then be assessed by leading a 6-week sports programme within their schools. Each course has max of 25 places available. Available for schools and clubs.



Training Modules include:

- Leadership
- Inclusion & Diversity
- Sustainability
- Sport Specific Training

For more details

please contact Lisa at

lodowd@meathcoco.ie

Training & Education

Sport Ireland Coaching Workshops



Meath LSP in partnership with Monaghan, Louth & Cavan LSPs are running a series of online Sport Ireland Coaching Workshops!

Coaching Children:

This series is a set of four workshops of 3 hours each.

- ♦ *Workshop 1:* Coaching Children Successfully in Sport
- ♦ *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.

Dates: Tuesday 6th, 13th, 20th, 27th of February

Time: 6:30-9:30pm

Cost: €30

Coaching Teenage Girls in Sport:

The 3-hour workshop is designed specifically to support coaches/parents of girls aged 12-17 years of age. The training is developed to enable coaches/parents to create a positive experience of sport & physical activity for girls in their formative years and provide an environment where girls and young women can develop holistically.

Date: Tuesday 5th March

Time: 6:30-9:30pm

Cost: €10

→ **To register:** <https://www.meathsports.ie/training-education/coaching-children-workshops/>

→ **For more info,** please contact Una Pearson on 046-9067887 or email upearson@meathcoco.ie

Youth/Teens

Social Basketball

Meath LSP are delighted to support Basketball Ireland continue social basketball for youth in Meath .

Youth Social Basketball is available for children and youth from 10-16yrs with the main emphasis on Participation, Fun and Fitness.

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



This programme is inclusive of all fitness levels,, complete beginners and those returning to basketball. It will be delivered by qualified coaches. Programmes are currently taking place in the following locations –

Location	Start Date	Time	Duration	Cost	Register at
Athboy	16th January	6- 7pm	4 weeks	€20	Youth Social Basketball - 2024 Meath Sports
Dunboyne	16th January	5- 6pm	4 weeks	€20	Youth Social Basketball - 2024 Meath Sports
Ashbourne	17th January	5:45- 6:45pm	4 weeks	€20	Youth Social Basketball - 2024 Meath Sports

→ If you require additional information please contact Lisa at lodowd@meathcoco.ie

Netball (for Girls 12+)

Following the highly successful Social Netball for Women initiated in 2021 by Meath LSP and Netball Ireland, **Boyne Netball Club** continue to flourish and will start their new season on **Monday 15th January at 7pm in Drogheda Grammar School.**



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 girls from 12+, no prior experience is necessary just an interest to learn the skills and get involved in a social team sport.

To register please email: 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 Safety for Primary Schools
- Daily Mile Challenge
- School Sports Day Training
- Leadership in Sport
- iRun For Fun for Secondary Schools
- Basketball School Programme
- Olympic Handball School Programme
- Volleyball School Programme
- National initiatives such as Bike Week, National Recreation Week and National Playday

If you would like further information on any of the above programmes see www.meathsports.ie or contact us at 046-9067887 or email mlsp@meathcoco.ie

2023 School Round-Up

In 2023, Meath LSP provided a range of school programmes to both primary & secondary schools in Meath. The aim was to promote a variety of sport specific programmes and provide diversity in sport for young people in both primary & secondary schools in Meath.

Working in collaboration with National Governing Bodies, Meath LSP develops specific programmes that can easily be implemented into schools to provide a sustainable resource for years to come.



Programmes such as Olympic Handball, Basketball & Cricket includes teacher training, equipment, training resources and school visits by a qualified coach. Each programme ends with a School Blitz to highlight the skills acquired and provides a social opportunity for school students to come together and play.

School Programmes provided by Meath LSP in 2023

- ◆ Olympic Handball
- ◆ Basketball
- ◆ Orienteering
- ◆ Cricket
- ◆ Sports Leader
- ◆ Ladies Gaelic Football
- ◆ The Daily Mile Challenge
- ◆ iRunForFun programme

Highlights

- 31 schools participated
- 1201 total students
- 62 teachers trained
- 5 programmes provided
- 75 NGB Partnerships

For more information contact Lisa at lodowd@meathcoco.ie or call 046-9067887.

Schools Section

Primary Schools Olympic Handball

In September 2023, Meath LSP and Irish Olympic Handball Association (IOHA) collaborated to establish a new handball league for schools in Meath.



In December, over 450 primary school students took part in the first-round competitions where the winners progress on to the county final.

Thank you to Bohermeen Community Centre and Wilkinstown Community Centre for the use of their facilities.

The county finals for both primary and secondary schools take place in Gormanston Sports Park on the following dates:

- ⇒ **Primary Schools Final – Friday 9th February**
- ⇒ **Secondary Schools Final – Thursday 22nd February**



Participating Schools are:

- Carnaross NS
- Castletown NS
- Nobber NS
- Scoil Cholmcille
- Bohermeen NS
- Scoil Mhuire
- Loreto Navan
- O'Carolan College
- St. Paul's
- St. Stephen's
- Yellow Furze
- St. Joseph's N.S Mulhussey



- Robinstown NS
- Scoil Cholmcille Skryne
- St. Pauls Ratoath
- Coláiste Clavin
- Ratoath College
- Mercy Navan

→ For more details:

<https://www.meathsports.ie/young-people-schools/sports-specific-school-programmes/olympic-handball-for-primary-schools/>

Schools Section

Inspiring Girls programme

Meath LSP are proud to introduce a new Inspiring Girls programme which is being funded by **#HER Moves** Sport Ireland.



This new programme is designed by Meath LSP and follows the HER Moves principles supporting teenage girls to be more active. It's about empowering young women to become Peer Activators within their school environment, building confidence and providing motivation to encourage younger teen girls to find something that gets them moving.

Inspiring Girls is being rolled out in four secondary schools in Meath:

- Coláiste Clavin (Longwood)
- Boyne CS (Trim)
- Beaufort College (Navan)
- St. Josephs Mercy (Navan)

In total over 240 girls will take part in the programme during this academic year.

It has a four-tier approach which includes:

Leadership, Participation, Sustainability & Celebration



→ For more details check out:

[Inspiring Girls](#) | [Meath Sports](#) or contact Lisa at lodowd@meathcoco.ie or call 046-9067887



Schools Section

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

2023 Summary:

39 Schools
All 6 areas
of Meath

1,882
participants

952 boys
930 girls
3rd – 5th class

Adult Programmes 50+

Mature Movers

This **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.



€30 for
6 weeks!

Area	Venue	Start Date	Time
NAVAN	Pitch and Putt Navan	Mon 29th January	10am– 11am
PILTOWN	St. Colmcille's GAA	Mon 29th January	12pm - 12:45pm
ATHBOY	St. James Hall	Tues 30th January	12pm- 1pm
ASHBOURNE	Ashbourne GAA	Wed 31st January	2pm- 3pm
BALLINACREE	Ballinacree Parish Hall	Wed 31st January	10am- 11am
KELLS	Eureka House Kells	Wed 31st January	12pm- 1pm
TRIM	Trim GAA	Wed 31st January	10am-11am
RATOATH	The Venue	Thurs 1st February	10:30am-11:30am

→ If you would like to participate in the Mature Movers Activity programme in your area, please contact Ruairí on 046-9067887.

Adult Programmes 50+

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 & table tennis. Pickleball can be played in singles or doubles format by Adults 18+ and all skill abilities.



Pickleball has been going from strength to strength with our Pickleball coaches Tom Brady & Gemma Tighe. 3 new areas were set up in the last quarter of 2023 (Ashbourne, Navan and Bettystown). The 3 areas completed a 6 week programme with 70 participants weekly.

Pickleball will be back up and running in the following areas in 2024:

Area	Venue	Start Date	Time
ASHBOURNE	Ashbourne Community Centre	Thursday 25 th January	10:30am
EAST MEATH	Coláiste na hInse	Wednesday 24 th January	8pm
NAVAN	Claremont Stadium	Tuesday 23 rd January	12pm
DUNSHAUGHLIN	Dunshaughlin Community Centre	Wednesday 24 th January	7pm
RATOATH	The Venue (Ratoath Community Centre)	Monday 22 nd January	11am

Meath LSP received funding from Age and Opportunity to purchase Pickleball equipment, in January 2024 Meath LSP will have an additional 4 nets along with paddles to assist with the expansion of the sport.

→ If you would like to play Pickleball in your local community centre or area, please contact Terry on 046-9067887 or email tdonegan@meathcoco.ie

Adult Programmes 50+

Meath LSP Active Retirement Indoor Bowls League 2024

The ever popular indoor bowls league commenced in November 2023.

The 12 teams made up of active retirement groups from around the county oversee the league themselves on a weekly basis. The teams scheduled and completed 4 matches before the Christmas break. 85 adults participated in the league fixtures to date.

The league will recommence in January 2024 with the division 1 and division 2 finals taking place in April 2024.

→ If you have any queries in relation to indoor bowls please contact Ruairí on 046-9067887 or email rmurphy@meathcoco.ie



GRANT SCHEME – Age and Opportunity funding for physical activity in the community

The Age & Opportunity Active National Grant Scheme offers financial supports – provided by Sport Ireland – to local clubs, groups & organisations nationwide, who promote increased participation in recreational sport or physical activity for older people.



The grant scheme opens in February. Applications are encouraged from clubs/organisations that have the potential to increase participation in recreational sport and physical activity among older people in their setting or local area.

→ For more information please see <https://ageandopportunity.ie/active/age-and-opportunity-active-national-grant-scheme> or for support on completing an application form, please contact Ruairí on 046-9067887 or email rmurphy@meathcoco.ie

Adult Programmes 50+

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.

Activator Pole walking focuses on promoting long term fitness and independence through increasing balance and functionality.

In East Meath, Meath LSP organised an Activator Pole taster session to coincide with the launch of the Winter Initiative. 35 participants took part in the session on Laytown beach. On the back of the successful taster, the participants then completed a short 3 week programme which ended before the Christmas break.



The Activator Poles programme is becoming increasingly more popular in the county, we aim to provide additional programmes in 2 urban and 2 rural areas in 2024.

Come and Try Activator Poles in January, see details below.

Venue	Start Date	Time	Duration	Cost
Blackwater Park, Navan	Thursday 25 th January	11am	6 weeks	€30
Gibbstown Community Walking Track	Tuesday 23 rd January	7.30pm	6 weeks	€30
Gilna's Cottage Inn, Laytown	Friday 26 th January	11am	6 weeks	€30

→ For any queries please contact Terry on 046-9067887 or email tdonegan@meathcoco.ie

Sports Ability Programmes

Run Jump Throw

The Run Jump Throw 6-week programme 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!



Area	Venue	Date	Time	Cost
Navan	Scoil Naomh Eoin	Mondays January 22nd - February 26 th	4pm-5pm	€10 per family
Navan	Scoil Naomh Eoin – TEENS	Thursdays February 1st – March 7th	6pm-7pm	€10 per family
Athboy	Athboy Convent Community Centre	Tuesdays January 30th - March 5 th	5pm-6pm	€10 per family
Dunboyne	Dunboyne Community Centre	Wednesdays January 24 th – February 28th	4pm –5pm	€10 per family
Bettystown	Coláiste Na HInse	Wednesdays January 24th – February 28th	5pm-6pm	€10 per family
Dunshaughlin	Dunshaughlin Community Centre	Thursdays January 25 th – February 29th	5pm-6pm	€10 per family
Ashbourne	Ashbourne Community School	Thursdays February 1st March 7 th	5pm-6pm	€10 per family

→ To book please contact Terry at 046-9067887 or email tdonegan@meathcoco.ie

Sports Ability Programmes

Sports Inclusion & Disability Awareness Workshop

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 aimed at people who are interested in taking the first step in making their activities inclusive.

Date: Tuesday 20th February

Time: 7pm-8:30pm

Venue: Zoom



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

North East Inclusion Days

Meath LSP along with our colleagues in Louth, Monaghan and Cavan Sports Partnerships will host a number of Inclusion days for Adult day services in the North East. The aim of this initiative is to increase physical activity opportunities and provide a social environment for people with a disability.

Each LSP will host an event in their county open to Adult day services. The events will include a variety of different sports & activities for participants to try.

Meath will be the first location, please see details below. For any adult day services interested in attending, please contact Sports Inclusion Disability Officer Terry on 046-9067887 or Email tdonegan@meathcoco.ie

Venue	Date	Time	Cost
Claremont Stadium Navan	Wednesday 27th March	11am –1pm	FREE





Sports Ability Programmes

**Junior VI Football
Donacarney Celtic FC
Meath
Training restarting**

**January 20th
11.30 - 12.30pm
6 - 16 years**

**VISION
SPORTS
IRELAND**



MEATH
Local Sports Partnership
— SPORT IRELAND —



Sports Ability Programmes

Learn 2 Cycle Trim

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 February 1st —
March 7th

Time: 4:30pm- 5:30pm

Duration: 6 weeks

Venue: Trim GAA

Cost: €15

To book a place, please contact Terry 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



IRELAND LIGHTS UP



At Your Participating Sports Club

Ireland lights up campaign runs until the end of February – please contact a club below for more information (open to the public)

VENUE	TIME	DAY	CONTACT
Blackhall Gaels GAA	7pm	Mon	secretary.blackhallgaels.meath@gaa.ie
Cushinstown AC	7pm	Mon	cushinstownacsecretary@gmail.com
Ballinlough GAA	7:30pm	Mon	secretary.ballinlough.meath@gaa.ie
St Colmcille's GAA	7pm	Mon	secretary.stcolmcilles.meath@gaa.ie
Dunderry GAA	7pm	Mon, Tues, Thurs	secretary.dunderry.meath@gaa.ie
Na Fianna GAA	7pm	Mon	secretary.nafianna.meath@gaa.ie
Ratoath GAA	7:30pm	Mon	info@ratoathgaa.ie
Kilmainham GFC	7pm	Tues	secretary.kilmainham.meath@gaa.ie
Carnaross GAA	7pm	Tues, Thurs	secretary.carnaross.meath@gaa.ie
Kilmessan GAA	7:30pm	Tues	kilmessangahealthyclub@gmail.com
Rathkenny GAA	7pm	Tues	secretary.rathkenny.meath@gaa.ie
Duleek Bellewstown GAA	7pm	Tues	secretary.duleekbellewstown.meath@gaa.ie
Skryne GAA	7:30pm	Wed	pro.skryne.meath@gaa.ie



IRELAND LIGHTS UP



At Your Participating Sports Club

Ireland lights up campaign runs until the end of February – please contact a club below for more information (open to the public)

VENUE	TIME	DAY	CONTACT
Cloghertown Utd	7pm	Wed	cloughertownunited@gmail.com
Clann na nGael GAA	7pm	Wed	cngmeathhealthyclub@yahoo.com
Moynalty GAA	7pm	Wed	secretary.moynalty.meath@gaa.ie
Kilmainhamwood GAA	8pm	Wed	secretary.kilmainhamwood.meath@gaa.ie
Clonard GAA	7:45pm	Wed	clonard.meath@lgfa.ie
Boardsmill GAA	7pm	Wed	Secretary.boardsmill.meath@gaa.ie
St Brigid's GAA	8pm	Thurs	secretary.stbrigids.meath@gaa.ie
Oldcastle GFC	7pm	Thurs	Secretary.Oldcastle.meath@gaa.ie
Wolfe Tones GAA	7pm	Thurs	secretary.wolfetones.meath@gaa.ie
Claremont Stadium	6pm	Fri	events@claremontstadium.ie



Calendar of Courses and Events 2024

Activity	Date	Time	Venue
Safeguarding 1 Basic Awareness in Child Protection	24th January	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	8th February	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	13th February	6.30pm-9.30pm	Zoom
Sports Inclusion & Disability Awareness Training	20th February	7.00pm-8.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	22nd February	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	6th March	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person Workshop	14th March	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	19th March	6.30pm-9.30pm	Athboy Convent Community Centre
Safeguarding 2 Club Children's Officer Training	27th March	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	4th April	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	17th April	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	30th April	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	8th May	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	15th May	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person Workshop	16th May	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection	27th May	6.30pm-9.30pm	Zoom

PLEASE CHECK OUT OUR WEBSITE www.meathsports.ie

OR CONTACT OUR OFFICE FOR INFORMATION

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

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