

In this Issue

Community Activity

- 3x3 Basketball
- European Week of Sport
- 0-3k/3-5k Social Running
- Summer at the Beach
- Bike Week
- Pickleball
- Community Sports Hub Navan
- East Meath Amenity Hub
- Beach Lifeguard Training
- Beach Shelters
- Kayaking on the beach

Women in Sport

- Netball
- Socia-ball
- HER Outdoors Week
- Mastering Midlife
- Women's Social Tag Rugby
- Women in Sport Leadership Development Programme

Training & Education

- Safeguarding 1
- Safeguarding 2
- Safeguarding 3
- Sports Injuries First Aid
- Sport Ireland Coaching Workshops
- Coaching Teen Girls

Youth/Teens

- Youth Basketball
- Leadership in Sport

Schools

- Cycle Safety
- Schools Olympic Handball
- Inspiring Girls

Adult Programmes 50+

- Activator Pole Walking
- Active Social Mornings
- Social Pétanque

Sports Ability

- Inclusive Cycling Hub Meath
- Learn 2 Cycle
- Inclusive Canoeing
- Run Jump Throw
- Inclusive Basketball
- Football for All Meath
- Sports Inclusion & Disability Awareness Training

Calendar of Courses/Events



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

NEW 3x3 Basketball Court—Dunshaughlin!

On Monday, 15th September 2025, Meath Local Sports Partnership officially launched a new 3x3 Basketball Court in The Park, Dunshaughlin. The newly established facility will serve the dual purpose of delivering focused basketball programmes and events in the region, while also enhancing opportunities for residents to fully engage in physical activity and sports.

The new court was funded through the 'Participation Nation Outdoor Fund,' a sport investment fund that allocated resources for the purchase and installation of permanent sport equipment on public land for community use.

We were delighted to have a number of dignitaries assist us with the launch including Minister Thomas Byrne, representatives from Meath County Council and Cavan Eagles Player and current Dunshaughlin Rockets Basketball Club Coach, Jane Larkin.

The new court is available to use for members of the public immediately with Meath LSP announcing programmes in the coming weeks. Programmes can be booked through our website, www.meathsports.ie.



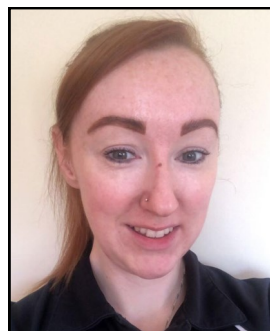
Meet the Meath LSP team



Mary Murphy
CEO



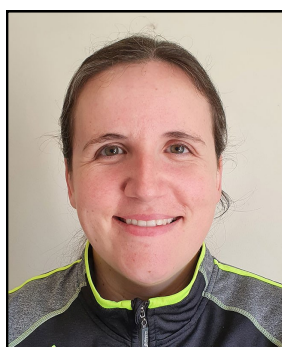
Ruairi Murphy
Programme Manager



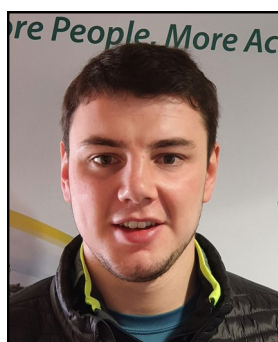
Lynn O'Reilly
Senior Administrator



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



Una Pearson
Club & Community
Sports
Development Officer



Terry Donegan
Sports Inclusion
Disability Officer



Paula Cunningham
ESF + Social Innovation
in Sport Officer



Ross Kenny
Outdoor Recreation
Officer



Vicky Stropute
Finance & Governance
Officer



Conor McManus
LSP Network
Communications Officer



Paddy O'Reilly
SportUile Programme
Manager



Community Activity Programmes

European Week of Sport 2025



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. Pre-registration is required as places are limited! Places will be offered on a first come, first served basis. Please email relevant person below to book.

Date	Activity	Time	Location	Contact	Cost
Tuesday 23 rd September	Soccer on the Greens	5pm	Clusker Park Green, Blackcastle	Una Pearson upearson@meathcoco.ie	Free
Tuesday 23 rd September	Inclusive Basketball	5:30pm - 6:30pm	Eureka School Kells	Terry Donegan tdonegan@meathcoco.ie	€10 for 6 weeks
Wednesday 24 th September	Volleyball for Women	7pm	Colaiste Na HInse Bettystown	Lisa O'Dowd lodowd@meathcoco.ie	€20
Wednesday 24 th September	Inclusive Canoeing	6:30pm - 7:30pm	Ribbontail Paddlers Canoe Club Longwood	Terry Donegan tdonegan@meathcoco.ie	Free
Wednesday 24 th September	Run Jump Throw	5:30pm - 6:30pm	Colaiste Na HInse Bettystown	Terry Donegan tdonegan@meathcoco.ie	€10 for 6 weeks
Wednesday 24 th September	Pétanque on the Beach	11am – 12pm	Bettystown Beach	Paula Cunningham pcunningham@meathcoco.ie	Free
Wednesday 24 th September	Mens 3X3 Social Basketball	6pm	Blackwater Park 3X3 court	Una Pearson upearson@meathcoco.ie	Free
Thursday 25 th September	Run Jump Throw	5pm-6pm	Ashbourne Community School	Terry Donegan tdonegan@meathcoco.ie	€10 for 6 weeks
Monday 29 th September	Olympic Handball	3:30-5:00pm	St. Stephen's NS, Navan	Una Pearson upearson@meathcoco.ie	Free
Monday 29 th September	0-3k & 3-5k	From 6.30pm	Tara, Kells, Navan, Trim	Lisa O'Dowd lodowd@meathcoco.ie	€20
Tuesday 30 th September	Adults 50+ Active Social Morning	11am - 12pm	Simonstown Gaels GFC	Paula Cunningham pcunningham@meathcoco.ie	Free trial session

Community Activity Programmes

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

0-3k & 3-5k Social Running Programmes return for Autumn/Winter. 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.

- Tara AC, Ross Cross – Monday 22nd September @ 6.30pm
- Navan AC, Claremont Stadium – Monday 22nd September @ 7pm
- Trim AC, meeting at Supermacs – Monday 22nd September @ 7pm
- Kells AC, meeting at Fair Green, Kells – Monday 22nd September @ 7pm

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

NEW 3x3 Basketball Courts in Kilmainhamwood, Navan & Dunshaughlin!

This development is part of the wider investment by Meath Local Sports Partnership in small scale outdoor infrastructure. This funding was provided in 2024 by Minister Thomas Byrne when he was the Minister for Sport and Physical Education under the Participation Nation measure. The Participation Nation measure includes investment in small scale capital infrastructure along with developing biodiversity in the local area.



Meath LSP were successful in securing funding for the installation of:

- Three, 3x3 basketball courts in Kilmainhamwood; Boreen Keel, Navan and Dunshaughlin Community Park
- Permanent volleyball posts on Bettystown Beach
- Development of small woodland areas which promote biodiversity
- The developments are fully accessible and available to the broadest range of users.

Meath LSP are working closely with An Taisce and the local communities to oversee the development of the bio-diverse native woodland habitat on site. The Environmental Education Unit of An Taisce runs the Learning About Forests (LEAF) programme nationally; one of their initiatives is the An Choil Bheag programme.

Community Activity Programmes

Summer at the Beach

That's a wrap for summer at the beach 2025! This Summer, Bettystown Beach came alive with energy, laughter, and community spirit as it hosted three unforgettable events. Events catered for multiple age groups with participants ranging from age 7 to 70!



With over 200 participants across the events, the beach was buzzing with activity – from Volleyball and Olympic Handball to Soccer, Tag Rugby, Sea swimming and even Pétanque, there really was something for everyone.

A massive thank you to the amazing coaches, our partners Foróige and the support from beach wardens and community guards who helped to make it all possible.

Here's to the sun, the sand, and the unforgettable memories, we already can't wait to do it all again next year! For more information on programmes and events taking place on the beach throughout the year, keep an eye on our website and social media channels.



Community Activity Programmes

Pickleball Meath

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.

Meath LSP have linked with a number of community organisations in helping form Pickleball groups throughout the county.

Area	Day	Time	Location
Navan	Every Thursday	8pm	Claremont Stadium
Athboy	Every Monday & Saturday	10:30am	Athboy Convent Community Centre
	Every Wednesday	7pm	
Kells	Every Wednesday	8pm	Eureka School
Bettystown	Every Wednesday	8pm	Coláiste Na hÍnse
Ratoath	Every Tuesday	11:30am	The Venue Ratoath
Dunshaughlin	Every Thursday	6pm	Dunshaughlin Community Centre
Ashbourne	Every Monday	6:30pm	Ashbourne Community School

For more info please contact Terry on tdonegan@meathcoco.ie or call 0469067887.



Community Activity Programmes

Bike Week

Bike Week 2025 was a huge success in Meath with over 1500 people taking part across 27 events around the county. From scenic leisure cycles to bike maintenance workshops, the week brought together schools, community groups and cycling clubs to celebrate the joy of cycling.

The sun shone brightly all week, adding to the atmosphere as participants of all ages enjoyed safe, social and active cycling events.

Local schools embraced the spirit of Bike Week with cycle to school days, and bike safety sessions, while community groups hosted beginner friendly social cycles and bike maintenance workshops. Cycling clubs organised leisure spins for new and existing club members and enjoyed Meath's beautiful landscape along the way.

A big thank you to everyone who took part, organised events and cheered on riders over the week. Looking forward to doing it all again next year!





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 and Claremont areas of Navan.

From January to June 2025, 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, and much more.

1,025 participants
29 partner agencies
21 programmes
9 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. **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



**Meath Local Sports Partnership
Community Sports Hub Navan
4 Week Community Activity Programmes
September - October 2025**



Programme	Description	Time	Venue	Age	Dates	Register
MONDAY						
Olympic hand-ball	Come & Try Olympic handball	3:30-4:15pm	St. Stephen's	6-9yrs	Monday 29 th September – 20 th October	HERE
		4:15-5pm		9-12 yrs		
TUESDAY						
Soccer on the Greens	Come & Try fun soccer sessions on the Green in Clusker Park	5-6pm	Clusker Park Green	6-12 years	Tuesday 9 th – 30 th September	HERE
WEDNESDAY						
Basketball	Fun Basketball sessions for children and young people	4-5pm 5-6pm	St. Paul's NS	6-9yrs 9-12yrs	Wednesday 1 st – 22 nd October	HERE
		6-7pm		12-15yrs		
3X3 Basketball	3X3 Basketball for Men 18+	5-6pm	Blackwater Park 3X3	18yrs+	Wednesday 10 th September – 1 st October	HERE
Active Women	Exercise based activity for women, a mixture of circuits and different exercises along with some light walking and jogging	7-8pm	St. Paul's NS	18yrs+	Wednesday 1 st – 22 nd October	HERE
THURSDAY						
GAA on the Greens	Come and try fun GAA/ LGFA Sessions	4-5pm 5-6pm	Unity Centre Green	6-9yrs 10-12yrs	Thursday 2 nd – 23 rd October	HERE

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

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

For further information please contact Paul at cshfacilitatornavan@gmail.com or call 0469067887.

Community Activity Programmes

Community Sports Hub Navan

Multi-Sport Halloween Camp



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

Check out the details below where children aged 5-12 can be active and take part in a variety of sports and activities. Pre-registration is mandatory, registration links are provided.

Registration restricted to children from **Navan only**.

Multi-Sport Summer Camp

Date	Time	Venue	Age Group
Tuesday 28th Wednesday 29 th & Thursday 30th October	10am – 1pm each day	Blackwater Park, Navan Outdoor space only	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/>





Community Activity Programmes

EAST MEATH AMENITY HUB

PRO-GRAMME	AGE	VENUE	DATES	DURA-TION	TIME	REGISTER
Beach Life-guard Train-ing	16+ Compe-tent swim-mers	Bettystown Civic Centre & Integral Fitness Swimming Pool	Monday 27 th October – Sat-urday 1 st No-vember	6 days	9am-5pm	upear-son@meathcoco.ie
Active Social Mornings	Adults 50+	Bettystown Golf Club	Mornings	6 weeks	TBC	pcunning-ham@meathcoco.ie
Activator Poles	Adults 50+	Laytown Beach	Monday 22 nd September – 27 th October	6 weeks	11am – 12pm	tdone-gan@meathcoco.ie
Run, Jump, Throw	Children with ad-ditional needs	Gormans-town Park Sports Cen-tre	Wednesday 24 th September – 29 th October	6 weeks	5-6pm	tdone-gan@meathcoco.ie
Pétanque on the beach	Adults 50+	Bettystown Beach	Wednesday mornings	6 weeks	11am – 12pm	pcunning-ham@meathcoco.ie
Learn 2 Cycle	Children with ad-ditional needs	Coláiste na hÍnse	Thursday 18 th September – 23 rd October	6 Weeks	4:30-5:30pm	tdone-gan@meathcoco.ie





Community Activity Programmes

EAST MEATH AMENITY HUB

BEACH

LIFEGUARD TRAINING

ONLY
€100
Normally
€450

**FULL BEACH LIFEGUARD TRAINING
FOR COMPETENT SWIMMERS 16
YEARS+**

27TH OCTOBER - 1ST NOVEMBER

- ON BEACH THEORY
- LIFE SUPPORT
- FIRST AID
- SWIMMING POOL PRACTICAL
- OPEN WATER PRACTICAL

**For more information or to book a
place contact Una at
upearson@meathcoco.ie**

Community Activity Programmes

EAST MEATH AMENITY HUB

Brand new Beach Shelters for Bettystown & Laytown!

This Summer, Meath LSP launched four new beach shelters in the Laytown/Bettystown area. The shelters allow access for swimmers to change in comfort. The shelters have been put in place due to the significant growth in the popularity of outdoor swimming in recent years, yielding a breadth of physical and social wellbeing benefits.



Funding was made available to the Local Sports Partnership network in 2024, by Minister for Public Health, Wellbeing, and the National Drugs Strategy Hildegard Naughton TD for outdoor swimming infrastructure projects.

Working in tandem with the Meath County Council staff team of the municipal district in Laytown/Bettystown, Meath LSP installed four shelters to improve access and facilities at the following outdoor swimming locations:

- Two in Laytown
- One at Delaney's Lane, Laytown
- One at Bettystown Civic Centre

Within the grant provision, allocation was also made for the painting of the shelters. In one of his first duties as Cathaoirleach of Meath County Council, Cllr Wayne Harding, along with fellow Cathaoirleach of Laytown/Bettystown Municipal District (MD), Cllr Sharon Tolan, officially opened the newly installed beach shelter at Netterville Terrace, Laytown.

Kayaking at Bettystown Beach

Meath LSP trialled two kayaking taster days on Bettystown Beach in June & August.

The conditions couldn't have been better to allow 49 participants a fun and gentle introduction to kayaking.



Participants from East Meath FRC, Down Syndrome Ireland Meath/Louth Branch, Meath LSP older adults' groups and the local community took part. This activity is funded under the Dormant Accounts Fund 2024 - Urban Outdoor Initiative. The Dublin Canoe Centre/Rafting.ie provided the equipment and expertise.

This is an activity Meath LSP plans to expand with more introductory, taster days and formalized kayaking courses on Bettystown beach.

Women in Sport

Netball for Women and Girls 12+

Netball for women and girls 12+ takes place in Drogheda Grammar School on Mondays evenings at 7pm with Boyne Netball. Netball is fast becoming a very popular sport for women and girls in east Meath.

A new training season is starting in September and this is an ideal time to come and try a new sport or re-engage with an old one. Netball is energetic and involves speed, agility and stamina and is a fantastic way to keep fit and be part of a training group. The training is suitable for complete beginners and improvers so come along and give it a go!



Location: Drogheda Grammar School

Starts: 22nd September 2025

Training Day: Monday

Training Time: 7pm

How to register: Email boynenetball@gmail.com

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 in 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 6-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:

- Kells
- Ashbourne
- East Meath
- Dunshaughlin

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

Women in Sport

HER Outdoors Week 2025

Well done to all 233 women and girls who took part in the Her Outdoors Week in August. We were delighted to see so many participating in new and some old activities. We ran 16 events in total which included Cycling, Orienteering, Beach Games, Yoga & Dip, Sea Swimming, Canoeing, Activator Pole Walking, Snorkelling, Trail Running, Sea Kayaking, Archery as well as Inclusive Canoeing for girls with a disability.



This has been a fantastic week of events and many thanks to all the local clubs who took the opportunity to embrace HER Outdoors Week and provide sporting activities to Women and Girls of all ages.

Her Moves Beach Event: *"Thank you so much for providing such fabulous beach activities for teenage girls, my daughters took part and loved the opportunity to take part in such a wide range of events. They particularly loved the Sea Kayaking."*

Archery: *"Thanks to Meath LSP and Athboy Archery for giving us the opportunity to try Archery. Both myself and my two daughters loved it."*

Greenway Cycle: *"Thanks to Meath LSP for a fabulous evening of cycling on our new local Greenway, great bike leaders and a very fun evening."*

Special thanks to our programme partners and club organisers: Bohermeen Cycling Club, Athboy Archery Club, Trim Canoe Club, Ribbontail Canoe Club, Olympic Handball Ireland, Volleyball Ireland, Orienteering Ireland, Hockey Ireland, Alpha Dive Sub Aqua Club, St. Brigid's AC.

This year, Meath LSP engaged **Dawn Weldon**, Healthy Club Officer at Bective GFC, as local ambassador for this year's event. Diagnosed with rheumatoid arthritis 15 years ago, Dawn's mobility and mental health were significantly impacted.

After participating in a Meath LSP 0-3K running programme, she didn't just transform her own wellbeing, she brought the programme, through the assistance of Meath LSP, to her GAA club, creating opportunities for other women in her community.

Dawn spoke to us about her journey, which you view [here](#) on YouTube. Additionally, you can read more about Dawn's story [here](#) through her discussion with Louise Hickey from the Irish Independent.



Women in Sport

Mastering Midlife Workshop

The popular Mastering Midlife Workshop returns in October!

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.



Cost of 2-hour online workshop is €20 – places are limited so early booking is advised.

Dates: Wednesday 15th October, 7-9.30pm, Zoom.

For more details and to register: <https://www.meathsports.ie/mastering-midlife-for-women/>

Women's Social Tag Rugby

Meath LSP and Leinster Rugby are collaborating with local rugby clubs to bring you a Womens Social Tag programme.

Suitable for women of all ages (18+) and fitness levels – this programme is ideal for complete beginners and those with previous rugby experience. Non-competitive, relaxed and fun, this new 6-week programme is a great way to gain fitness and learn a new skill without the rough and tumble of regular rugby.



- **North Meath Rugby Club, Kells**

For more information contact Lisa at Lodowd@meathcoco.ie

Badminton for Adults

Meath LSP in collaboration with Badminton Ireland are bringing a new 4 week badminton programme for adults in Summerhill. This programme is led by qualified Badminton Ireland Coaches and is an ideal way to gain fitness and play socially. Suitable for complete beginners and improvers. Places are limited, early booking is advised.



- **Summerhill** – Monday 29th September at 7pm in Summerhill Community Centre.

Contact gkehoe@badmintonireland.com

- **East Meath Badminton Club, Bettystown** - Wednesdays 24th September from 6-7pm in Coláiste na hÍnse – Contact eastmeathbc@gmail.com
- **St. Martin's Badminton, Drumree** – Monday 22nd September from 7-8pm. Contact 0872153696.

Women in Sport

Volleyball for Women

Come & Try Volleyball for Women 18+ taking place in **Coláiste na hInse, Bettystown** for **6-weeks starting Wednesday 24th September at 7pm.**

Led by a fully qualified coach, this easy to learn introduction to volleyball is fun, active and a great way to meet new people while keeping fit.



Suitable for beginners and improvers. For more details and to register: <https://www.meathsports.ie/volleyball-for-women-18/>

Women's Social Soccer Programme

Women's Social Soccer is a new player pathway programme being launched by Meath Local Sports Partnership and the FAI to increase participation in soccer for women and girls aged 16+ in Meath.

In collaboration with local soccer clubs across 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.

Working in partnership with key stakeholders will ensure the success of the new player pathway programme and secure a bright future for women's soccer in Meath.



Womens Soccer 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

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.

If you are interested in attending, please contact Lisa at Lodowd@meathcoco.ie

Women in Sport

Women in Sport Leadership Development Programme

Do you know a woman aged 18+ who volunteers in a club or sporting organisation—or are you one yourself—interested in stepping into a leadership role?

Women in Meath now have the chance to progress their leadership journey through a new development programme from **Meath Local Sports Partnership**.

We're delighted to introduce the **Women in Sport Leadership Course in Meath** and invite clubs to nominate a female:

- **Member, coach, or parent** keen to build confidence, develop new skills, and grow a support network to take on leadership roles at club, committee, county, or national level.
- **Someone with untapped potential** who may not yet see themselves as a leader but would benefit from encouragement and support.
- **A coach or volunteer** who is ready to give more back to their club and take the next step.

Course Details

Start Date: Wednesday, 8th October

Finish Date: Wednesday, 12th November

- **Format:** 8 modules in total—4 in-person/4 online (6 x Wednesdays, 7–9pm) and (2 x Saturdays, 10am–4pm, lunch included).
- Includes a **unique equine-centred workshop** to help participants explore their leadership style, build confidence, and realise their potential.
- **Cost:** €50 per participant (subsidised by Sport Ireland Dormant Accounts Volunteer Support Programme).
- **Application Deadline:** 1st October.
- **To Register:** Complete the Club nomination form here → <https://eventmaster.ie/event/9vPyTw5HWJ>

Eligibility

Applicants must:

- Be nominated by their club.
- Be aged 18 or over.
- Hold (or wish to take on) a volunteer role within their club.
- Commit to attending all course dates.
- Pay the subsidised fee of €50.



If you have any queries please contact Lisa O'Dowd at Lodowd@meathcoco.ie or call 0469067887.



Training & Education

Safeguarding 1 Basic Awareness in Child Protection Workshop

8th October | 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 Lynn at loreilly@meathcoco.ie or call 046-9067887.

Safeguarding 2 Club Children's Officer Workshop

18th September | 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.

→ To book, please email Lynn at loreilly@meathcoco.ie or call 046-9067887.



Training & Education

Safeguarding 3 Designated Liaison Person (DLP) Workshop

23rd October | 6.30pm-9.30pm | 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.

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. To book, please email Lynn at loreilly@meathcoco.ie or call 046-9067887.

Sports Injuries First Aid

30th September | 6.30pm-10pm | MDL, Trim Road, Navan



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.

Cost is €35pp for clubs in Meath or €40 for clubs outside of Meath.

Course Content

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

To book, please email Lynn at loreilly@meathcoco.ie or call 046-9067887.

Training & Education

Sport Ireland Coaching Workshops



Meath LSP in partnership with Louth LSP are running a series of online Sport Ireland Coaching Workshops in October/ November.

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.

Online: Tues 4th November & 11th November, 6:30-9:30pm

Practical (In person): Venue TBC Saturday 15th November at 9:30am – 4pm (includes 30 min lunch)

Cost: €20

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.

Dates: Thursday 27th November, 6:30-9:30pm, Online

Cost: €10

For more information about the Coaching Children or Physical Literacy Workshops or to book your place on the next workshop contact Una Pearson at 0469067887 or email upearson@meathcoco.ie

Training & Education



Sport Ireland Coaching Teenage Girls in Sport Workshop

Coaching Teenage Girls

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 and physical activity for girls in their formative years and provide an environment where girls and young women can develop holistically.

The workshop will focus on:

- Keeping Teenage Girls playing sport
- The Needs of teen girls in sport today
- Maturation, body image & sport
- Communication and Social skills

Coaching Teenage Girls in Sport Workshop, designed specifically to support coaches/parents of girls aged 12-17 years of age.

Date: Monday 20th October

Time: 6.30pm

Cost: €10

Register: Email Lisa at
lodowd@meathcoco.ie



Youth/Teens

Youth Basketball Kells

Social basketball for young people. A relaxed non-competitive environment where young people can play basketball and be active among their peers. Taking place on Tuesday evenings in Eureka Secondary School, Kells

Starting 7th October at 6.30pm with a 4-week programme. Cost €10 per participant.

Register [HERE](#)



Leadership in Sport Programme

Have you heard about our exciting Leadership in Sport programme for young people?

The programme focuses on Leadership Skills, Problem Solving, Teamwork and Programme Planning as well as Disability & Inclusion and Coach Education in specific sports and activities such as Basketball, Badminton and Olympic Handball. The programme is designed to be delivered within schools, Youthreach, youth groups/organisations and/or sports clubs to young people.

It is the perfect opportunity for young people to expand their knowledge and experience in leadership and an excellent opportunity for them to explore new voluntary and career pathways within sport. Don't miss this fantastic opportunity for your school or club to develop our future leaders.

If you are interested in hearing more about the programme and would like to have it delivered within your school, club or youth group, contact Paula on 046-9067887 or email pcunningham@meathcoco.ie



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



Schools Section

Schools Olympic Handball – Primary & Secondary Schools

Meath Local Sports Partnership are delighted to partner the Irish Olympic Handball Association (IOHA) for the Primary Schools Competition taking place from September 2025.

All schools registered can avail of Olympic Handball training for both primary and secondary schools' teachers. School Registrations close on 26th September, no registrations will be accepted after this date.



For more details and to register please see: <https://www.olympichandball.org/registration>

Inspiring Girls – Seeking Expressions of Interest from Secondary Schools

We are seeking interest from 4 Secondary Schools to participate in the Inspiring Girls Programme 2024/25 which will run from October to March 2025.

Inspiring Girls is a HER Moves programme following all of the 8 guiding principles for success. The programme is ideally suited to teenage girls in secondary schools.

The academic programme is all about empowering girls to become LEADERS and inspire other girls to take part in more sport "For the Girls, by the Girls"



The programme consists of 4 Pillars:

1. **Leadership** – Leadership Skills/Inclusion & Diversity for Senior Girls
2. **Participation** – Multi Sport Programme of her choice for Junior girls
3. **Sustainability** – Training, Education & Mentorship on how to introduce a new recreational sport for all students within the School e.g Olympic Handball
4. **Celebration** – An event to celebrate the achievement of all participating girls by bringing all schools together for a Celebration Event with National Sporting Bodies and Sport Ireland.

For more programme details please see <https://www.meathsports.ie/women-in-sport/inspiring-girls/>

Expressions of Interest to <https://forms.gle/oqhjCCKuMQBeaYcn9>

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 or falling and enables them to get up and get going with a purpose again. Activator Pole walking focuses on promoting long term fitness and independence through increasing balance and functionality.

Walking with ACTIVATOR Poles:

- Improves stability
- Reduces impact on hips/knees
- Develop core strength
- Improve posture
- Promotes better gait pattern



Venue	Date	Time	Duration	Cost
Laytown Beach	Mondays September 22 nd – October 27 th	11am-12pm	6 weeks	€30
Fairyhouse Ratoath	Wednesdays September 24 th – October 29 th	1:30pm – 2:30pm	6 weeks	€30
Nobber Greenway (Car park Kilbeg Road)	Fridays September 26 th – October 31 st	11am – 12pm	6 weeks	€30

To book please contact Terry on tdonegan@meathcoco.ie or call 0469067887.



Adult Programmes 50+

Active Social Mornings

Our Active Social Mornings are designed for adults 50 + who would love to be active or stay active in a relaxed social environment.

Activities on the day will include, Cornhole, Boccia and Kurling, followed by tea/coffee and a chat.

Come along and try it out in the following areas:



- **Navan** – Tuesday 7th October at 11am – Simonstown Gaels GFC
- **Ballinacree** –Coming soon!
- **Ballinabrackey** – Friday 3rd October at 11am in Ballinabrackey GAA

To book contact Paula at 0469067887 or pcunningham@meathcoco.ie

Social Pétanque

Pétanque is an adapted version of boules which can be played on a variety of outdoor surfaces including grass, gravel and sand.

Social groups meet to play Pétanque weekly in Navan, Bettystown and Dunboyne.

It's all about fun social activity in good company!



- **Navan** – Tuesday mornings at 11am Blackwater Park
- **Bettystown** – Wednesday mornings at 11am on the Beach
- **Dunboyne** – Thursday mornings at 11am in Dunboyne Park

Group meetings are weather permitting, contact Paula on 0469067887 for more information.

Sports Ability Programmes

Inclusive Cycling Hub Meath

Meath Local Sports Partnership, in conjunction with Meath County Council, proudly launched the county's first Inclusive Cycling Hub at Park Beo Greenway Hub in Wilkinstown. The initiative, funded through Sport Ireland's Dormant Accounts Sports Inclusion Disability Projects programme via Meath LSP, features three adaptive bikes including a tandem for visually impaired cyclists and an adult recumbent handcycle.

The launch was attended by Meath County Council Cathaoirleach, Cllr. Wayne Harding and Paralympic champion Garda Eve McCrystal, who alongside Katie-George Dunlevy secured six Paralympic medals (2016-2024) in tandem cycling. They were joined by local accessibility groups and partners in the project including Feel Good Bicycles. This innovative hub represents a transformative step toward breaking down barriers and ensuring cycling accessibility for all community members, demonstrating best practice in inclusive sport delivery that other regions can emulate.

Meath LSP looks forward to linking with individuals and groups looking to use the Inclusive Cycling Hub in order to access and experience the 30km stretch of greenway!

For more Information contact Terry Donegan, Sports Inclusion Disability Officer at 0469067887 or email tdonegan@meathcoco.ie



Sports Ability Programmes

Learn 2 Cycle

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.

Learn 2 Cycle Bettystown

Date: Thursdays 18th September – 23rd October

Time: 4:30pm- 5:30pm

Duration: 6 weeks

Venue: Coláiste Na hÍnse

Cost: €15



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 as part of European week of Sport to hold an Inclusive Canoeing session aimed at children with additional needs 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: Wednesday 24th 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



Sports Ability Programmes

Run Jump Throw

The Run Jump Throw programme ran over 6 weeks is aimed at children with additional needs 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.

To book contact Terry at tdonegan@meathcoco.ie or call 0469067887.

Area	Venue	Date	Time	Cost
Navan	Scoil Naomh Eoin Navan	Mondays September 22 nd – October 27 th	4pm-5pm	€10 per family
Kells	Eureka Secondary School	Wednesdays October 1st – November 5th	5:30pm-6:30pm	€10 per family
Bettystown	Colaiste Na hÍnse	Wednesdays September 24 th – October 29 th	5pm-6pm	€10 per family
Ashbourne	Ashbourne Community School	Thursdays September 25 th – October 30 th	5pm-6pm	€10 per family





Sports Ability Programmes



MEATH
Local Sports Partnership
— SPORT IRELAND —



Inclusive Basketball

**For Teenagers with Additional
Needs Aged 13-17yrs**

Eureka Secondary
School Kells
Starting Tuesday 23rd
September
5:30pm-6:30pm

**6 Week
Programme**

**€10 Per
Family**

**Places are limited - Please
contact Terry on 0469067887 or
Email tdonegan@meathcoco.ie**



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

Sports Ability Programmes

Football for All Meath

The Football for All programme aim is to deliver football opportunities to people who may not ordinarily get a chance to play the game. The Football for All programme is made up of players from all groups and sporting bodies that cater for people with a disability who want to play football.



Meath Currently has 6 Football for All clubs established in the county. Meath LSP and the FAI Development Officer in Meath have worked closely in supporting these 6 clubs.

Club	Description	Contact
East Meath United FC	Children with additional needs aged 6-16 years.	Janet 0851289477
Balrath FC	Children with additional needs aged 6-16 years.	Keith 0876875720
Enfield Celtic FC	Children with additional needs aged 5-12 years.	Ger cwoenfieldcelticfc@gmail.com
Castle Villa AFC	Children with additional needs aged 6-16 years.	Gary 0879616836
Bohermeen Celtic FC	Children with additional needs aged 6-16 years.	Aoife childwelfare@bohermeenceltic.com
Donacarney Celtic FC	Children with a visual impairment aged 6-16 years.	Brian 0863837061



Sports Ability Programmes

Sports Inclusion & Disability Awareness Training

Meath Local Sports Partnership 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: Wednesday 8th October

Time: 7pm-8:30pm

Venue: Zoom

Cost: Free

For more information please contact Sports Inclusion Disability Officer Terry Donegan on 0469067887 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.

Contact Terry Donegan by phone 046-9067887 or by email tdonegan@meathcoco.ie



Calendar of Courses and Events 2025

Activity	Date	Time	Venue
Safeguarding 2 Club Children's Officer (CCO) Workshop	18th September	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	25th September	6.30pm-9.30pm	Zoom
Sports Injuries First Aid Workshop	30th September	6.30pm-10pm	Navan
Safeguarding 1 Basic Awareness in Child Protection Workshop	8th October	6.30pm-9.30pm	Zoom
Sports Inclusion & Disability Awareness Training	8th October	7pm-8.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Workshop	14th October	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	21st October	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person (DLP) Workshop	23rd October	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	6th November	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Workshop	12th November	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	17th November	6.30pm-9.30pm	Zoom

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

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

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