

In this issue

Meet the Meath LSP
Team

Community Activity

Women In Sport

Grants

Youth/Teens

Schools

Adult Programmes

Sports Ability

SportUile
Programmes

SportUile Programme
Timetable

Calender of
Courses/Events 2026

Summer at the Beach 2026

Meath LSP announce the return of our Games on the Beach in Bettystown for summer 2026, promising relaxed and welcoming days of activity by the sea.



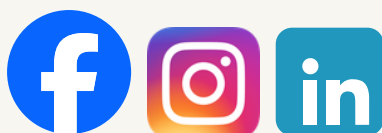
Meath LSP will be joined by Sports Development Officers from Volleyball Ireland, Olympic Handball Ireland, Leinster Rugby, and Hockey Ireland, offering expert guidance and encouragement throughout the activity filled days.



Activites Include:

Tag Rugby | Handball | Cornhole | Volleyball | Petanque

Register Here! or visit
www.meathsports.ie for more Information



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

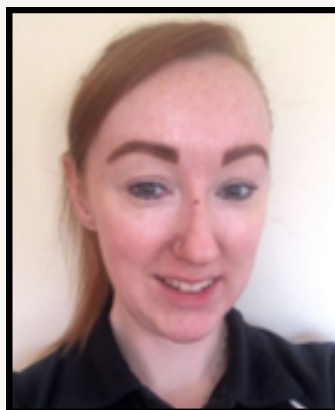
Meet the Meath LSP team



Mary Murphy
CEO
(087) 001 8595



Ruairi Murphy
Programme
Manager
(087) 189 8096



Lynn O'Reilly
Senior
Administrator



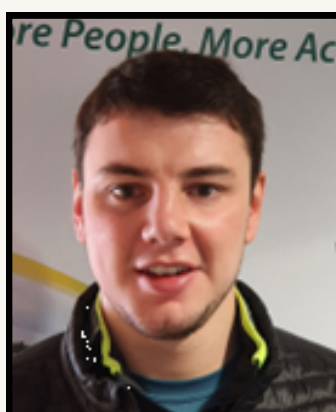
Aoife Heffernan
Office
Administrator
(087) 330 6715



Lisa O'Dowd
Sports
Development
Officer | Women in
Sport Lead
(087) 330 1747



Una Pearson
Community
Sports
Development
Officer
(087) 332 8467



Terry Donegan
Sports Inclusion
Disability Officer
(087) 330 2983



**Paula
Cunningham**
ESF + Soical
Innovation in
Sport Officer
(087) 330 6034

Meet the Meath LSP team!



Ross Kenny
Outdoor
Recreational
Officer
(087) 714 4100



Conor McManus
LSP Network
Communications
Officer
(087) 093 5324



Rhona Clarke
Financial
Accountant



Teresa Mangan
Sports
Development
Officer



Paddy O'Reilly
SportUile
Programme
Manager
(087) 001 8320



Sean Doherty
SportUile Senior
Community
Sports
Development
Officer
(087) 433 8378



Pairic Browne
SportUile Senior
Community
Sports
Development
Officer
(087) 192 1858



Community Activity

Summer at the Beach

Join us at Bettystown Beach this summer for 'Summer on the Beach'—a range of fun activities and events for all ages

Programme	Time	Venue	Dates	Cost	Contact
Come 'n' Try Beach Volleyball	6pm Children 7pm WIS 8pm Men	Bettystown Beach	8 th July 22 nd July 10 th Aug	Free	Paddy O'Reilly
Women 18+ Kayaking	11am - 12pm	Bettystown Beach	15 th July	€5.00	Lisa O'Dowd
Kayaking (13+ - Adults)	12:15pm	Bettystown Beach	22 nd July	Free	Terry Donegan
Games on the Beach (Children)	11am - 1pm	Bettystown Beach	22 nd July	€5.00	Paula Cunningham
Beach Tag Rugby	5:30 - 6:30pm Teen girls Children	Bettystown Beach	6 th - 27 th Aug (Thursdays)	€5.00	Una Pearson
Beach Activities Event	11am - 1pm	Bettystown Beach	22 nd July	Free	Terry Donegan
Active Social Morning (Adults 50+)	11am - 1pm	Bettystown Beach	5 th Aug	€5.00	Paula Cunningham



Community Activity

Summer at the Beach

Programme	Time	Venue	Dates	Cost	Contact
Beach Volleyball - Day Camp	10am - 12pm Teenage Girls 13-17 yrs	Bettystown Beach	10 th Aug	Free	<i>Lisa O'Dowd</i>
Teen Girls Kayaking	12:15pm - 1:15pm	Bettystown Beach	12 th Aug	€5.00	<i>Lisa O'Dowd</i>
Canoeing	6pm - 7pm	Bettystown Beach	12 th Aug	Free	<i>Terry Donegan</i>
Teen Beach Tag Rugby	4:45pm - 5:30pm	Bettystown Beach	12 th Aug	Free	<i>Terry Donegan</i>
Beach Orienteering	4-5pm	Seafield, Laytown	13 th Aug	Free	<i>Una Pearson</i>

For more information on any of the events or programmes, please find a list of contact emails below.

Contact Name	Email
Paddy O'Reilly	poreilly@meathcoco.ie
Lisa O'Dowd	lodwd@meathcoco.ie
Paula Cunningham	pcunningham@meathcoco.ie
Terry Donegan	tdonegan@meathcoco.ie
Una Pearson	upearson@meathcoco.ie



Community Activity

Summer in the Park/Green's

Join us at on our green spaces this summer for 'Summer in the Park'—a range of fun activities and events for all ages

Programme	Time	Venue	Dates	Costs	Contact
Men's Social Rugby	6pm - 7pm	Blackwater Park	2 nd - 23 rd July (Thurs)	Free	Una Pearson
Active Social Morning (50+)	11am	5 differnet Locations around Meath	21 st July - 6 th August	Free	Paula Cunningham
Orienteering	5pm - 7pm	Blackwater Park	17 th July	Free	Una Pearson
Summer Camps	11am - 1pm (Ages 5-12)	MDL, Navan	22 nd July - 23 rd July	€10.00 per family	Terry Donegan
Soccer on the Green	4pm - 5pm 5pm - 6pm	Unity Cetre, Windtown	7 th - 28 th July (Tues)	Free	Una Pearson
Come 'n' Try Park Volleyball	6pm Youth 7pm Adults	Blackwater Park	28 th July	Free	Ruairi Murphy
Soccer on the Green	4pm - 5pm 5pm - 6pm	Oaklawns Cloherboy	4 th - 25 th Aug (Tues)	Free	Una Pearson



Community Activity

Summer in the Park/Greens

Join us at on our green spaces this summer for – a range of fun activities and events for all ages

Programme	Time	Venue	Dates	Costs	Contact
Summer Camps	11am - 1pm (Ages 13-17)	MDL, Navan	12 th Aug - 13 th Aug	€10.00 per family	Terry Donegan
Come 'n' Try Park Volleyball	6pm Youth 7pm Adults	Dunshaughlin Park	18 th Aug	Free	Ruairi Murphy
Come 'n' Try Olympic Handball	4pm Children 5pm Teen	Blackwater Park	21 st July	6-12yrs & 13- 17yrs	Una Pearson

Contact Name	Email
Ruairi Murphy	rmurphy@meathcoco.ie
Lisa O'Dowd	lodwd@meathcoco.ie
Paula Cunningham	pcunningham@meathcoco.ie
Terry Donegan	tdonegan@meathcoco.ie
Una Pearson	upearson@meathcoco.ie

Community Activity Programmes

Slane Castle (5k Trail Run/Walk) fundraiser 2026!

The popular 'Slane Castle 5km Trail Run/Walk' returned on Sunday 24th of May 2026 in the scenic grounds of Slane Castle for its 11th year!

This brilliant fundraiser event was organised by the St Patrick's NS Slane Parents Association, who were delighted to be supported by Meath LSP, Slane Castle, the Civil Defence, and Keating's Oil.

The event catered to all abilities, welcoming walkers, joggers, runners, as well as buggies and prams

Eye catching psychedelic pink t-shirts and bespoke medals were awarded to the finishers

Free post-race refreshments and home-baked goods were enjoyed by everyone.





Community Activity Programmes

MEATHOutdoors - August 2026!



Meath Outdoor month celebrate's and encourage's more people to get out and enjoy the benefits of being in the outdoors while bringing visibility to the opportunities for everyone to get involved in outdoor physical activity.

Meath LSP are hosting a variety of events for children, young people and adults of all ages – come and try something new and see the opportunities that are available in the great outdoors.....

Keep an eye on our social media channels for opportunities to take part in!

Activities:

- Archery
- Snorkling
- Tag Rugby
- Beach Event for Teen Girls
- Yoga & Dip
- Inclusive Cycle
- Sea Swim
- Activator Pole Walking
- Sea Kayaking
- Orienteering
- Greenway Cycle
- Canoeing on the Boyne
- Activator Pole Walking
- Petanque



Keep an eye on our website www.meathsports.ie and our social media channels for more information!



Community Activity Programmes

Swimmin' Women - lunch time swimming!!

Is a 4-week swimming lesson programme for women 18+. Ideal for complete beginners and improvers. It is led by qualified swim coaches and costs €20 for 4 weeks. Limited spaces available.

For more information contact Lisa at lodowd@meathcoco.ie

Location: Aura Navan Swimming Pool

Start Date: Wednesday 5th – 26th August

Time: 1.00-2:00pm

Duration: 4 weeks

Cost: €20

[Click here to register!](#) or visit www.meathsports.ie for more information.



Parent & Toddler - lunch time swimming!!

Is a 4-week swimming lesson programme parents and babies 4 months +. The Parent & Toddler Swim programme is a fantastic way for parents to introduce their young children to water in a supportive environment. The coach led initiative will demonstrate a wide variety of techniques to help your child be comfortable in the water.

For more information contact Lisa at lodowd@meathcoco.ie



Location: Navan Swimming Pool

Start Date: Wednesday 8th – 29th July

Time: 1.00-2:00pm

Duration: 4 weeks

Cost: €20

[Click here to register!](#) or visit www.meathsports.ie for more information.

Community Activity Programmes

Kite Flying

Meath LSP are partnering with 'Go Fly your Kite' to deliver Kite Flying workshops. The workshop provides a great opportunity to learn how to build and design your own kite.

Participants have an opportunity to test the kites in a fun and safe environment on the beach.



Dates: 18th August

Workshop Time: 6:30pm* & 7:00pm

Kite flying: 7:45pm

Venue: East Meath Civic Centre Library & Bettystown Beach

Target groups:

*6:30pm - Children with additional needs.
(Siblings welcome)

7pm - Families



If you require further information or to book a place please contact Una Pearson (upearson@meathcoco.ie) or Terry Donegan (tdonegan@meathcoco.ie) or call 0469067887



Community Activity Programmes

Family Beach Orienteering

We are delighted to offer Family Orienteering sessions on Seafield Beach and in Blackwater Park, creating opportunities for families to explore, have fun, and enjoy the outdoors together. These sessions are welcoming to all families, including families with children with additional needs, providing a supportive and enjoyable environment where everyone can participate at their own pace.



Beach

Park

Date: Thursday, 13th August

Venue: Seafield Laytown

Time: 4:30pm & 5:30pm*

Target Groups:

4:30pm - Families

*5:30pm - Children with additional needs.
(Siblings welcome)

Date: Friday 17th July

Venue: Blackwater Park Navan

Time: 5:00pm & 5:30pm*

Target Group:

5pm - Families

*5:30pm - Children with additional
needs.(Siblings welcome)

If you require further information or to book a place please contact Una Pearson (upearson@meathcoco.ie) or *Terry Donegan (tdonegan@meathcoco.ie or call 0469067887



Community Sports Hub Navan



Men's Social Tag Rugby



This programme will be fun and social, there is no prior experience of rugby necessary. Programme will be led by qualified coaches from Navan RFC. Men of all ages, abilities and fitness levels are welcome !

**SOCIAL TAG RUGBY
FOR MEN 35+**

THURSDAY 2ND - 23RD JULY @ 6:00-7:00PM

BLACKWATER PARK, NAVAN

FREE

Time	Location	Age group	Date	Registration
6-7pm	Blackwater Park	35+	Thursdays 2nd - 23rd July	Register here or contact Una Pearson at upearson@meathcoco.ie



Community Sports Hub Navan



**Come 'n' Try & Community
Activity Programmes**

July- August 2026



All Programmes are FREE!

Programme	Description	Time	Venue	Age	Dates
Soccer on the Greens	4 - Week Programme	4-5pm & 5-6pm	Unity Centre, Windtown	8-12yrs & 13-15yrs	7th - 28th July (Tues)
Orienteering (Families)	1 day Come 'n' Try for beginners	5pm - 6pm	Balckwater Park	All Ages - Families	16 th July (Thur)
Come 'n' Try Olympic Handball	1 day Come 'n' Try for beginners	4-5pm & 5-6pm	Blackwater Park	6-12yrs & 13-17yrs	21 st July (Tues)
Multi-Sport Camp	2 day camp	2-4pm	Metges Rd, Community Space, Johnstown	6-12 yrs	Wed 22 nd & Thurs 23 rd July
Soccer on the Greens	4 - Week Programme	4-5pm & 5-6pm	Oaklawns, Cloherboy	8-12yrs & 13-15yrs	4 th - 25 th Aug (Tues)

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

East Meath Amenity Hub

Open Water Swimming

Meath LSP together with our provider, Swim Ireland are running a series of Open Water Swimming programmes and camps over the summer months. Programmes will be available for adults from all communities.



The poster is split into two main sections. The left section has a blue background with white text. It features the 'SWIM IRELAND' logo at the top left, followed by the tagline 'An island of swimmers'. Below this, it reads 'OPEN WATER AQUATICS ACADEMY', 'MEATH BETTYSTOWN', 'BLOCK 2', and 'FRIDAY AND SUNDAY FOR 3 WEEKS'. A list of dates follows: 'FRIDAY 17TH OF JULY', 'SUNDAY 19TH OF JULY', 'FRIDAY 24TH OF JULY', 'SUNDAY 26TH OF JULY', 'FRIDAY 21ST OF JULY', and 'SUNDAY 2ND OF AUGUST'. At the bottom left are the 'MEATH Local Sports Partnership' and 'SportUile' logos. The right section shows the back of a person wearing a bright green swim cap and a blue t-shirt. The t-shirt has the 'SWIM IRELAND' logo, the tagline 'An island of swimmers', and the word 'COACH' in large white letters. Below the text on the t-shirt is a QR code and a 'BOOK NOW' button with a right-pointing arrow.

SWIM IRELAND | An island of swimmers

**OPEN WATER
AQUATICS ACADEMY**

**MEATH
BETTYSTOWN**

BLOCK 2

**FRIDAY AND SUNDAY FOR 3
WEEKS**

**FRIDAY 17TH OF JULY
SUNDAY 19TH OF JULY
FRIDAY 24TH OF JULY
SUNDAY 26TH OF JULY
FRIDAY 21ST OF JULY
SUNDAY 2ND OF AUGUST**

SWIM IRELAND | An island of swimmers
COACH

MEATH Local Sports Partnership
SportUile Creating Change Through Sport

Programmes are suitable for beginners new to open water swimming and improvers who already take part in open water swimming but want to improve their technique, breathing, fitness etc.

Please visit this web page for a description of the programme levels and to express your interest in participating: <https://www.meathsports.ie/east-meath-amenity-hub/>

If you require further information please contact Una Pearson at upearson@meathcoco.ie or call 0469067887

East Meath Amenity Hub

Beach Tag Rugby



Meath LSP are partnering with Leinster Rugby & Boyne Rugby Club to bring Tag Rugby to Bettystown Beach.

All programmes are delivered by qualified coaches and are centered around fun & trying a new sport.

Programmes are open to all, with a particular focus on those who have never played rugby before or who would enjoy social rugby.

Date: 6th - 27th
August (Thursdays)

Time: 5:30pm -
6:30pm

Location:
Bettystown Beach

Groups: Children 8-
12 years, Teen girls
13-17 years



If you require further information or to book a place please contact Una Pearson at upearson@meathcoco.ie or call 0469067887



Women in Sport



Come 'n' Try Badminton

Adults: Starts Wednesday
29th August | Drumconrath

Registration: Email Lisa at
lodowd@meathcoco.ie

Badminton is a great social sport and an ideal way to gain fitness. Programme is led by qualified Badminton Ireland Coaches and is suitable to complete beginner and improvers. Places are limited so early booking is advised.

Indoor Sports Camp for Teenage Girls

Badminton & Table Tennis – Trim GAA

21st & 22nd July 10.30am – 12.30pm

Calling all girls 12 + yrs to take part in an Indoor Sports Camp for Teenage Girls.

Two-day badminton & table tennis camp for Girls. Ideal for complete beginners and improvers.

Cost is €20 each. All equipment is provided.

Programme: Badminton & Table Tennis

Location: Trim GAA

Date & Time: 21st & 22nd July 10.30am – 12.30pm

[Click here to register!](#)

Contact Lisa O'Dowd at lodowd@meathcoco.ie or visit www.meathsports.ie.





Women in Sport

Come 'n' Try Beach Tag Rugby for Girls!

Come 'n' Try Tag Rugby for Teen Girls 12+. This is a fantastic opportunity to try a new beach activity delivered by qualified coaches. Learn the skills of tag rugby while having fun and meeting new people.

Join us for a fun, friendly 4-week Beach Tag Rugby programme for Girls 10+ yrs on the beach. No experience is needed—just bring your enthusiasm! Learn new skills, make friends, enjoy team games and discover why beach tag rugby is one of the most exciting sports to play in the sand. Suitable for girls 12+ yrs.

- **Location: Bettystown Beach**
- **Dates: Thursday 6th – 27th August**
- **Time: 5.30pm – 6.30pm**
- **Suitable for all levels from complete beginners to improvers**

[Click here to register!](#)



Contact Lisa O'Dowd at lodowd@meathcoco.ie or visit www.meathsports.ie.

Come 'n' Try Kayaking - Bettystown Beach (Women & Girls)



Looking for a new adventure? Kayaking is a fantastic water sport that combines fun, fitness & friendship.

Whether you're a beginner or have paddled before, we'd love to welcome you on the water.

Wednesday 15th July - 11am (Women 18+)

[Click here to register!](#)

Wednesday 12th August - 12:15pm (Teen girls 12+)

[Click here to register!](#)

Contact Lisa O'Dowd at lodowd@meathcoco.ie or visit www.meathsports.ie.

Women in Sport

Women in Sport Leadership Development programme

Are you someone who is currently involved in a club or sporting organisation who might like support to take on a leadership role in sport?



Women in Meath can take the next step on their leadership journey in sport with a unique development programme that includes an experiential equine experience

Meath LSP are delighted to offer the Women in Sport Leadership Development Programme, and we are asking clubs to nominate a female club member/coach/parent/volunteer who would like to learn more skills, increase their confidence and build a supportive network.

Course Details:

- Start Date: Wednesday 16th September
- Finish Date: Saturday 21st October
- Modules take place over Wednesday evenings 7-9pm & 2x Saturdays (half day each)
- Cost: €50 per participant (payable on successful application)



Testimonials from previous participants

"A truly unique experience that challenges you to reset, reflect, and grow both personally and professionally."

"This experience is unlike anything else. It gives you the space to reset, grow, and discover a stronger version of yourself."

To Register: Please complete Club Nomination Form [Here!](#) or contact Lisa at lodowd@meathcoco.ie for more information

Application Deadline: 14th August

Women in Sport

Beach Activities for Teen Girls - Bettystown Beach

Looking for something fun, active, and different to do this summer? Come along to our Beach Sports Taster Events on Bettystown Beach this August and give a range of exciting sports a try in a relaxed and friendly environment.



Whether you're already involved in sport or simply looking to meet new friends and learn new skills, these sessions are a great opportunity to get active, enjoy the beach, and have fun throughout the summer.

Activities include:

- Beach Hockey
- Beach Olympic Handball
- Beach Volleyball

Date: August 10th

Time: 10am - 12pm

Cost: €5



[Register here](#)

Visit www.meathsports.ie or email Lisa at lodowd@meathcoco.ie for more information.



Grants

Grants for clubs, community & voluntary groups and disability organisations

This year, Meath Local Sports Partnership are delighted to announce 3 grants for clubs, community & voluntary groups and disability organisations under our Club Supports Scheme.

Inclusive Grant | €1,000 for Participation

The inclusive grant is aimed at Disability Sports Clubs and organisations or clubs developing inclusive sections. €1,000 is available for participation programmes to include people with additional needs.

Inclusive Grant | €500 for equipment

€500 is available for equipment to support Disability Sports Clubs and organisations or clubs developing inclusive sections

Women in Sport Grant | €500

The women in sport grant is targeted to promote participation in sports and physical Activity for girls 12-17 years old. The grant is designed to support clubs, community groups and community and voluntary organisations.

Equipment Grant | €500

This equipment grant is designed to support clubs and organisations in purchasing additional equipment required for their regular club activity or to assist in increasing participation in physical activity.

Inclusive Grant

Terry Donegan
tdonegan@meathcoco.ie

Women in Sport Grant

Lisa O'Dowd
lodowd@meathcoco.ie

Club Equipment Grant

Una Pearson
upearson@meathcoco.ie

Grant applications open Tuesday 4th August

For more information please contact the relevant staff member or call 0469067887

Youth/Teens

Come 'n' Try Volleyball

Our Come 'n' Try Volleyball in the Park sessions are the perfect opportunity! Taking place in Dunboyne, Blackwater Park, and Dunshaughlin, these relaxed, social sessions are designed for young people aged 13–17.

Whether participants already have some volleyball experience or are completely new to the game, everyone is welcome. Sessions focus on simple skills, fun games, and teamwork in a friendly, supportive environment. It's all about getting moving, meeting new people, and enjoying sport in the fresh air.

Bring your friends, have a laugh, and give volleyball a go!



Location	Dates	Time
Balckwater Park, Navan	22 nd July	6pm Youth (13-17yrs) 7pm Adults (18+)
Dunshaughlin Park	18th August	6pm Youth (13-17yrs) 7pm Adults (18+)

For more information on registration please contact Ruairi at rmurphy@meathcoco.ie



Youth/Teens

Games on the Beach 2026 - Children's Event!

Games on the Beach returns to Bettystown for a fun, active day by the sea! This inclusive multisport event offers two-hour sessions where participants rotate through Volleyball, Olympic Handball, Hockey and Rugby—perfect for trying something new and having fun.

Delivered with Foróige and supported by national sport bodies, each event finishes with a lively group dance.

- **Location:** Bettystown Beach
- **Date:** 22nd July 2026
- **Time:** 11am - 1pm

This event is open to children aged 8-12yrs!



[Click here to register!](#)

Visit www.meathsports.ie or Email Paula at pcunningham@meathcoco.ie for more information

Adults 50+ Programmes

Active Social Mornings in the Park

Looking for a fun, relaxed way to get moving and meet new people? Join us for our Active Social Mornings in the Park, specially designed for adults aged 50+!



These free sessions focus on enjoying the outdoors, staying active, and connecting with others in a friendly, welcoming environment. No experience is needed—just come along and give it a go at your own pace.

Location	Date	Time	Location	Date	Time
Blackwater Park, Navan	21 st July	11am	Deerpark, Carlanstown	30 th July	11am
Porchfields, Trim	23 rd July	11am	Dunshaughlin Park	6th August	11am
Dunboyne Park	29 th July	11am			

Each morning will include light, enjoyable activities such as Pétanque and Cornhole, along with a gentle walking and introduction to Activator Pole Walking in selected areas. All activities are suitable for a range of abilities, with an emphasis on fun, social interaction, and participation rather than competition.

Come along, bring a friend, and enjoy a great morning of fresh air, laughter, and light activity. We look forward to welcoming you!

Registration is required, please contact Paula on 0469067887 or email pcunningham@meathcoco.ie to register.

Adults 50+ Programmes



Beach Activity Morning



Join us in Bettystown for a fun and energising day by the sea! Games on the Beach 50+ is a relaxed, inclusive multisport event designed to keep you active while enjoying great company and fresh air.

Take part in a two-hour session rotating through Volleyball, Olympic Handball, Hockey, Rugby, Cornhole & Petanque –no experience needed, just a willingness to give it a go and have fun! The day wraps up with a lively group dance for all.

- **Location:** Bettystown Beach
- **Dates :** Wednesday 5th August | 11am - 1pm
- **Cost:** €5

[Click here to register!](#)



Places are limited book early and don't miss this fantastic summer experience! For more information contact Paula at pcunningham@meathcoco.ie / 0469067887

Kayaking on the Beach - Adults 50+

Try something new this summer with a fun and refreshing kayaking experience at Bettystown Beach! Designed for adults 50+, this friendly session is perfect for beginners—no experience needed.

Enjoy the outdoors, stay active, and take in the sea air while learning the basics of kayaking in a safe and supportive environment.

- **Date:** 26 August
- **Time:** 11:00am
- **Cost:** €10

[Click here to register!](#)



Places are limited book early and get ready for a great outdoor adventure! For more information contact Paula at pcunningham@meathcoco.ie / 0469067887

Sports Ability

Activities for Adults and Children with Additional Needs

Games on the Beach - Activities

Meath LSP will be joined by the Hockey Ireland, Olympic Handball Ireland, Volleyball Ireland and Leinster Rugby.

- Children's Sports- 22nd July at 11am
- Adults Beach Activities—5th August at 11am



Pre – registration is required please contact Sports Inclusion Disability Officer Terry on 0469067887 or email tdonegan@meathcoco.ie



Canoeing - Ribbontail paddlers Canoe Club

Meath LSP will link with Ribbontail paddlers Canoe club in Longwood to hold a Canoeing session aimed at children with additional needs age 10 – 17 years 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 12th August
- 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

Summer Camps

Multi- Sport Summer Camps suitable for children with additional needs. The camps will take place outdoors over two days and will see a variety of sports and activities take place including Rugby, Soccer, Badminton & Hockey. We encourage participants' siblings to also join in the activities. All parents will be asked to remain for the duration of the activity.



Camp 1: Age 5-12 Years

- **Date:** Wednesday July 22nd – Thursday July 23rd
- **Time:** 11am- 1pm
- **Venue:** Meath & District League Grounds Navan
- **Cost:** €10 per family

Camp 1: Age 13-17 Years

- **Date:** Wednesday August 12th – Thursday August 13th
- **Time:** 11am- 1pm
- **Venue:** Meath & District League Grounds Navan
- **Cost:** €10 per family

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

Sports Ability

Kayaking Sessions - Bettystown Beach

Meath LSP and the Canoe Centre, invites you to enjoy a fun and engaging introduction to kayaking at Bettystown Beach. Join us for a fun one-hour kayaking experience on the water!

- A one-hour taster session consisting of safety drills on the land and fun games on the water learning how to handle a kayak and paddle
- All equipment is provided – kayak, paddle, helmet and PFD (Personal Flotation Device)
- There is no cost for this session
- Session will be led by 2 experienced instructors



Session 1 | 13 yrs - Adult's with additional needs

- **Date:** Wednesday July 15th
- **Time:** 12:15pm
- **Venue:** Bettystown Beach



Session 2 | Mothers & Daughters with additional needs

- **Date:** Wednesday August 12th
- **Time:** 11am
- **Venue:** Bettystown Beach



Places are limited for this session! For more information please contact Sports Inclusion Disability Officer Terry Donegan on 046-9067887 or Email tdonegan@meathcoco.ie



Sports Ability

Beach Hockey For Teens

Meath LSP and Hockey Ireland are piloting a new Beach Hockey Programme taking place on Bettystown Beach for children with additional needs aged 13 - 17 years .

Beach Hockey brings all the excitement of hockey to the beach! Played on soft sand and using modified balls and sticks, makes this a fun and active game

Location: Bettystown Beach

Dates: Tuesday 21st, 28th July & 4th August

Time: 6pm-7pm

Cost: Free



For more information please contact Sports Inclusion Disability Officer Terry Donegan on 046-9067887 or Email tdonegan@meathcoco.ie

Teens Beach Tag Rugby

Meath LSP are partnering with Leinster Rugby & Boyne Rugby Club to bring Tag Rugby to Bettystown Beach. The 4- week Tag Rugby programme is suitable for children with additional needs aged 13-17 years. The sessions are delivered by qualified coaches and are centered around fun and giving participants the opportunity to try a new sport.



- **Dates:** Thursdays 6th August – 27th August
- **Time:** 4:45pm-5:30pm
- **Cost:** Free

For more information please contact Sports Inclusion Disability Officer Terry Donegan on 046-9067887 or Email tdonegan@meathcoco.ie

Sports Ability

Beach Wheelchairs Bettytown Beach

Meath Local Sports Partnership in collaboration with Meath County Council are delighted to offer two Beach Wheelchairs for use at Bettystown Beach. The Beach Wheelchairs aim to assist people with a physical disability and those with reduced mobility in accessing the Beach.

Hippocampe Beach Wheelchair



Terra Wheels Beach Wheelchair



- The wheelchairs are for use within the designated Lifeguard Area on Bettystown Beach
- The wheelchair may be collected from the Meath County Council East Meath Civic Centre once booked
- Pre-booking of the chair is essential, chairs will not be available unless booked in advance
- The wheelchair is available between 11am-7pm Monday – Sunday

Booking Link: <https://www.meathsports.ie/beach-wheelchairs/>

Please email Terry – tdonegan@meathcoco.ie if you have any queries.



Sports Ability

Inclusive Cycling Hub - Park Beo Wilkinstown

The Inclusive Cycling Hub located at Park Beo Greenway Hub in Wilkinstown is supported by the Sport Ireland Dormant Accounts Fund under the Sports Inclusion Disability Projects (SIDP) and provides a number of adapted bikes for people with a disability free of charge.

The Boyne Valley to Lakelands Greenway is a 30km stretch for walkers & cyclists along the route of the old railway line from Navan in Co. Meath to Kingscourt in Co. Cavan.

Location: Park Beo Greenway Hub Wilkinstown, Navan, Co. Meath, C15 EY0P

Opening Hours: Tuesday–Sunday: 10am–5:30pm

Contact Sports Inclusion Disability Officer Terry Donegan on 046-9067887 / tdonegan@meathcoco.ie

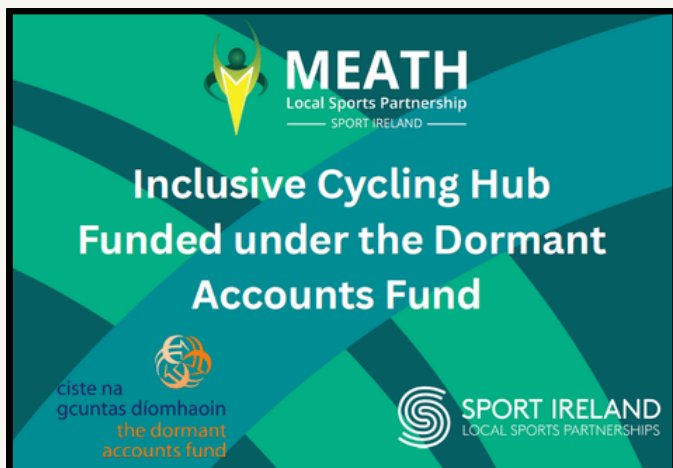
Children Upright handcycle



Tandem Bike



Wheelchair Platform Bike



SportUile Programme



SportUile is a five-year community sport and physical activity programme operating across Drogheda and East Meath.

Led by the Meath and Louth Local Sports Partnerships and supported by Sport Ireland, Meath County Council, and Louth County Council, the programme works alongside community groups, agencies, clubs, schools, and other local partners to use sport and physical activity as a driver of positive change.

Through collaboration, SportUile aims to increase participation, promote wellbeing and social inclusion, engage young people and underrepresented groups, and help build stronger, healthier, and more connected communities.



Contact us for more information on SportUile or any of our programmes

- **Paddy O'Reilly** | Programme Manager | poreilly@eathcoco.ie | 087 0018320
- **Pairic Browne** | Senior Community Sports Development Officer | pbrowne@meathcoco.ie | 087 1921858
- **Sean Doherty** | Senior Community Sports Development Officer | seandoherty@meathcoco.ie | 87 4338378



SportUile Programme

Activator Pole Programme - Laytown

The Activator Pole Programme introduces participants to Activator Pole Walking, a low-impact physical activity that uses specially designed poles to support walking.

The programme helps improve balance, posture, mobility and overall fitness while reducing strain on the joints, making it an accessible way to stay active and improve wellbeing.



- **Date:** 11th August - 1st September (Tuesdays - 4 Weeks)
- **Target Group:** Adults 50+

Contact Sean at seandoherty@meathcoco.ie or call 0874338378 for more information

Stretch & Flex - Laytown

The Stretch & Flex programme is delivered in a friendly and supportive environment, the programme offers a great opportunity to stay active, enhance physical health, and connect with others in the community.

- **Date:** 23rd July - 27th Aug (6 Week programme - Thursdays)
- **Time:** 10:30am - 11:30am
- **Location:** Laytown & Bettystown Golf Club
- **Target Group:** Adults 50+



To register to join our stretch and flex programme please contact Pairic at pbrowne@meathcoco.ie or call 0871921858. Spaces are limited, register today!

SportUile Programme

Bat & Racquet Camp - East Meath

SportUile is planning a three-day Bat & Racquet Camp for young people aged 13–17 years, Sports will include badminton, hockey, pickleball, table tennis and tennis while developing confidence, teamwork and new skills.

Working with the NGB's, the camp aims to encourage participation, promote physical activity and introduce young people to sports they may not have experienced before. Through a variety of coach led sessions, participants will build confidence, develop new friendships and enjoy a positive sporting experience throughout the three-day programme.

- **Date:** Monday 27th July – Wednesday 29th July 2026
- **Time:** 10:00am-1.30pm
- **Location:** Scoil Oiliheir Naofa
- **Target Group:** Teens aged 13-17yrs



For further information or to register please contact Pairic at
pbrowne@meathcoco.ie or call 087192858



SportUile Programme

Multi-Sport Summer Camp

SportUile will deliver a three-day Summer Multi-Sport Camp from 5th–7th August for children aged 8–12 years.

The camp aims to provide a fun and engaging environment where participants can stay active, build confidence and enjoy a range of sporting activities.



- **Date:** Wednesday 5th Aug - Friday 7th Aug 2026
- **Time:** 10:00am-12:00pm
- **Location:** Bettystown Beach
- **Target Group:** Children aged 8-12yrs

Activities include:

- Hockey
- Orienteering
- Canoeing



For further information please contact Sean at seandoherty@meathcoco.ie or call 087 4338378



SportUile Programme

Programme/Event Timetable

Programme	Time	Venue	Age	Dates	Contact
Come 'n' Try Beach Volleyball	6 - 7:15pm 7:30 - 9pm	Bettystown Beach	13-17yrs 18+yrs	21 st July 10 th Aug 25 th Aug (Tues)	Pairic Browne
Futsal on the beach	6pm - 7pm	Bettystown Beach	8-12 yrs	8 th July - 12 th Aug (Weds)	Pairic Browne
Futsal on the beach	7pm - 8pm	Bettystown Beach	13-17 yrs	8 th July - 12 th Aug (Weds)	Pairic Browne
Stretch & Flex Exercise	10:30am -11:30am	Laytown & Bettystown Golf Club	Adults 50+	23 rd July - 27 th August	Pairic Browne
Canoe Ireland - Water based activities	10am-12pm 2pm -4pm	Bettystown Beach	Open to all	4 th - 6 th August	Pairic Browne
Pitch & Putt for Beginners	10am - 11am	Laytown Pitch & Putt	18+	5 th - 26 th August	Sean Doherty
Pitch & Putt for Beginners	11:15pm - 12:15pm	Laytown Pitch & Putt	13-17 yrs	5 th - 26 th August	Sean Doherty
Activator Pole Walking	10:30am - 11:30am	Bettystown Beach	18+	11 th August - 1 st September	Sean Doherty

For further information please contact Sean at seandoherty@meathcoco.ie

For further information please contact Pairic at pbrowne@meathcoco.ie



Calender of Safeguarding Courses 2026

Activity	Date	Time	Venue
Safeguarding 1 Basic Awareness in Child Protection Workshop	9 th September	6.30pm - 9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Workshop	30 th September	6.30pm - 9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	6 th October	6.30pm - 9.30pm	Zoom
Safeguarding 3 Designated Liaison Person (DLP) Workshop	15 th October	6.30pm - 9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	22d October	6.30pm - 9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	3 rd November	6.30pm - 9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Workshop	10 th November	6.30pm - 9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	24 th November	6.30pm - 9.30pm	Zoom

For more information visit www.meathsports.ie or to reserve your place please email Aoife at aheffernan@meathcoco.ie or call on 046-9067887







MEATH

Local Sports Partnership

— SPORT IRELAND —



www.meathsports.ie



mlsp@meathcoco.ie



046 9067887