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**Games on the Beach Bettystown**

Get the sunscreen ready as Games on the Beach returns once again to Bettystown on **Tuesday 16th July!**

This Games on the Beach programme will include a wide range of exciting new games and sporting initiatives for children and teenagers including children with additional needs. We are delighted once again to be working with Foróige, East Coast Family Resource Centre, Volleyball Ireland, Irish Olympic Handball Association, Leinster Rugby & Cricket Leinster in what should be a highly entertaining day!

On the day 3 sessions will take place:

- ⇒ 11am—1pm (Children with additional needs 6-12yrs)
- ⇒ 11am – 1pm (Children 8-12yrs)
- ⇒ 2pm – 4pm (Teens 13-17yrs)

Each session will comprise of 4 activities:

- ◆ Beach Handball with Irish Olympic Handball Association
- ◆ Cricket with Cricket Leinster
- ◆ Beach Volleyball with Volleyball Ireland
- ◆ Tag Rugby with Leinster Rugby

→ For more details and to register please see: <https://www.meathsports.ie/outdoors/games-on-the-beach/>



## Meet the Meath LSP team



**Mary Murphy**  
Senior Executive Officer



**Lynn O'Reilly**  
Senior Administrator



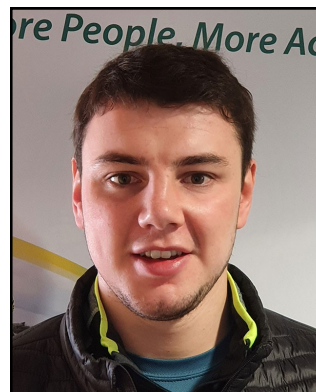
**Ruairi Murphy**  
Programme Manager &  
Sports Development  
Officer



**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)

## 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 13th May for 6 weeks.

This popular programme is open to both MEN and WOMEN 18+ and is suitable for all fitness levels and for anyone who wants to increase their daily activity.

These programmes are led by qualified coaches who will guide you step by step from walking to jogging to running with ease.



→ For more details and to register please see: [Social Running \(0-3k & 3-5k\) Programmes | Meath Sports](#)

VENUE	DATE	TIME
Tara AC, Ross Cross	Mondays from 13th May	6.30pm
Navan AC, Claremont Stadium	Mondays from 13th May	7pm
Enfield, Enfield GAA	Mondays from 13th May	7pm
Trim AC, meeting at Supermacs	Mondays from 13th May	7pm

### Orienteering in Meath

Meath LSP are delighted to have Six Orienteering courses mapped out across a number of locations in Meath:

- ◆ Blackwater Park, Navan
- ◆ Porch Fields, Trim
- ◆ Seafield, Laytown
- ◆ Spire of Lloyd, Kells
- ◆ Deerpark, Carlanstown
- ◆ Dunboyne Park

All new Orienteering locations include the latest MapRun6 virtual course making the activity accessible to anyone at any time. Each location includes a variety of Short, Medium and Long map with some including a Score Map. Participants are invited to download MapRun 6 app on to their smartphone and follow the guided instructions.



Maps are available from Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)

For more information please see: <https://www.meathsports.ie/outdoors/orienteering/>

## 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.



In May 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 3 <sup>rd</sup> July	8pm
Pickleball	Claremont Stadium	Wednesday 22 <sup>nd</sup> May	8pm
Pickleball	Coláiste na hInse, Bettystown	Wednesday 22 <sup>nd</sup> May	8pm
Social Soccer	East Meath United	Saturdays	4:30pm
Social Soccer	MDL Grounds, Navan	Wednesdays	8pm

#### Coming soon in association with the FAI;

- ◇ Walking Football in Ashbourne
- ◇ Social Football in Ashbourne
- ◇ Social Football in Ratoath

→ For more info, please contact Ruairí on [rmurphy@meathcoco.ie](mailto:rmurphy@meathcoco.ie) or call 046-9067887.

### Run with Ray

Meath LSP are delighted to be associated with the Run with Ray 5k taking place in Blackwater Park, Navan on Thursday 23<sup>rd</sup> May at 5.30pm.

Entry fee is €5 and includes a commemorative t-shirt. The 5k run will follow the Navan ParkRun route.

Register at [www.runwithray.ie](http://www.runwithray.ie)



## Community Activity Programmes

### Badminton for Adults 18+

Coláiste na hInse, Bettystown -  
Wednesdays at 6pm

Meath LSP in collaboration with Badminton Ireland are bringing a new badminton programme for adults in Laytown/Bettystown. 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.



For more details and to register, please email [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)

### Slane Castle 5km Trail Run/Walk

Slane Castle 5km Trail Run/Walk in aid of St. Patrick's NS Slane will take place on Sunday 26th of May in the beautiful scenic grounds of Slane Castle at 9.30am!

The 5km route itself is completely within the majestic grounds of the Castle and includes the scenic forest trail along the River Boyne. This is a real opportunity for everyone regardless of ability or fitness level to experience the magnificent surrounds of Slane Castle.

There are t-shirts for the first 200 adults (on the day) and the first 200 U16's. We also have finishing medals for the first 500 over the line! After race refreshments and home baked goods will be available free of charge to all who support the event.

Early bird registration is €20 for adults, €10 for Secondary School aged children, €5 for Primary School aged children.

Register at: <https://eventmaster.ie/event/boeBt9AHjr>



## Community Activity Programmes



Meath LSP have been awarded funding to develop an East Meath Amenity Hub. This hub will center around the Laytown, Bettystown, Mornington & Donacarney areas with a particular emphasis but not exclusive to using the beach/sea areas for outdoor activities.

Recently a meeting was held to receive the input and support of groups, clubs, services and individuals currently delivering or wishing to deliver sport and physical activity in the area.

The purpose of this meeting was to bring agencies and organisations together to brainstorm and share ideas on what activities they run and where we can develop collaborative approach to the delivery of sport and physical activity programmes to the following population groups:

- Women & Girls
- Ethnic Minorities
- Disadvantaged communities
- Older Adults
- Men 35+
- Young People
- People with a disability

We also hope to set up a forum where clubs, groups and organisations can work together and develop programmes and activities for the area.

If you currently work in an agency or organisation or volunteer in a sports club in the area and want to get involved, please contact Una at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie) or call 046-9067887.

## Community Activity Programmes

### Launch of the new Laytown Parkrun



On Saturday 2nd March, Minister for Sport, Thomas Byrne officially launched ParkRun Laytown. With the support of upwards of 350 participants, Minister Byrne led by example and completed this augural 5km Parkrun event.

Parkrun Laytown is a unique event even within Parkrun circles, as it is one of the few parkrun events which take place throughout Ireland on a beach! This new location for Meath was made possible by funding provided to Meath Local Sports Partnership under the HSE Section 39 funding measure.



Minister for Sport, Thomas Byrne congratulated Race Director, Pat Maher; Chief Volunteer Parkrun Laytown, Ruth Huban and the host of stewards from Laytown who made this event possible. He wishes the committee every success and is looking forward to taking part regularly in Parkrun Laytown.

Speaking on behalf of Meath Local Sports Partnership, Chairperson and local Councillor, Sharon Tolan praised the staff team in Meath LSP, Ruth Huban and her team of volunteers in Laytown, Meath County Council and the HSE for their support in ensuring that Laytown became the 5th venue in Co. Meath to host a parkrun event.

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 at Deerpark, Deerpark Heights, Carlanstown, Co. Meath
- ⇒ **Parkrun Laytown**— every Saturday at 9:30am (when low tide permits) at Laytown Beach, Strand Rd, Corballis, Laytown

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

## 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 Quarter 1 of 2024 nearly 400 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.

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](mailto:upearson@meathcoco.ie)







## Community Activity Programmes



### Multi-Sport Summer Camps



*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.



#### Multi-Sport Summer Camp (FREE)

Date	Time	Venue	Age Group
Tuesday 23 <sup>rd</sup> Wednesday 24 <sup>th</sup> Thursday 25 <sup>th</sup> July	10:00am – 12:00pm 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.

#### Mini Olympics Summer Camp (FREE)

Date	Time	Venue	Age Group
Tuesday 6 <sup>th</sup> Wednesday 7 <sup>th</sup> Thursday 8 <sup>th</sup> August	10:00am – 12:00pm each day	Claremont Stadium Navan, Hall  Outdoor space will be used weather permitting	5-12 years only

**Activities:** A variety of different Olympic athletics sports: Ball throw, Javelin, Relay Races, Vertical Jump, Long Jump and some fun games.

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

For any other queries, please contact Paul at [cshfacilitatornavan@gmail.com](mailto:cshfacilitatornavan@gmail.com) or call 046-9067887

Pre-registration is mandatory, Registration restricted to children from Navan only.



## Community Activity Programmes

**Community Sports Hub Navan**  
**6 week Community Activity Programmes**  
 All programmes are **FREE!**



Programme	Description	Time	Venue	Age	Dates	Register
<b>MONDAY</b>						
<b>Olympic handball</b>	Come + Try Olympic handball	4:00-4:50pm 5:00-5:50pm	St. Stephens	6-9 yrs 9-12 yrs	Mon 10 <sup>th</sup> 17 <sup>th</sup> 24 <sup>th</sup> June, 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> July	<a href="https://bit.ly/3UmYRUv">https://bit.ly/3UmYRUv</a>
<b>TUESDAY</b>						
<b>Multi-Sport</b>	Come and Try Fun Multi sport Sessions; a different sport each week e.g. Badminton, Volleyball, Hockey, Olympic Handball etc	4:00-5:00pm 5:00-6:00pm	Scoil Naomh Eoin	6-9 yrs 9-12 yrs	Tues 11 <sup>th</sup> , 18 <sup>th</sup> 25 <sup>th</sup> June, 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> July	<a href="https://bit.ly/3wnrcIr">https://bit.ly/3wnrcIr</a>
<b>WEDNESDAY</b>						
<b>Basketball</b>	Fun Basketball sessions for children and young people	4:00-5:00pm 5:00-6:00pm  6:00-7:00pm	St. Pauls NS	6-11 yrs  12-18yrs	Wed 5 <sup>th</sup> 12 <sup>th</sup> , 19 <sup>th</sup> , June, 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> July  (none on 26 <sup>th</sup> June)	<a href="https://bit.ly/3QL9rUr">https://bit.ly/3QL9rUr</a>
<b>Olympic Handball for Adults</b>	Come + Try Olympic handball. A fun team based game of moving and throwing a ball	8:00-9:00pm	St. Stephens NS	Adults 18+	Wed 22 <sup>nd</sup> , 29 <sup>th</sup> May, 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> June	<a href="https://bit.ly/44juDWR">https://bit.ly/44juDWR</a>
<b>THURSDAY</b>						
<b>Tag Rugby</b>	Come and try fun Tag Rugby sessions – a mixture of indoor and outdoor	4:00-6:00pm	Unity Centre Green, Windtown (Scoil Naomh Eoin in bad weather)	9-12 yrs	Thurs 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> June, 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> July	<a href="https://bit.ly/3QniJpa">https://bit.ly/3QniJpa</a>

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/>

## 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 **11<sup>th</sup> & 19<sup>th</sup> 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.

Meath LSP Bike Week Web Page: <https://www.meathsports.ie/outdoors/bike-week/>

Transport for Ireland Bike Week Web Page: <https://www.transportforireland.ie/getting-around/by-bicycle/bikeweek/>



## Women in Sport

### Women's Social Soccer

Social Soccer is a great way to engage with a new sport or revisit an old one. These come & try programmes suit all age and fitness levels. Women's Social Soccer continues in 3 clubs :

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

### Soccer Coaching Programme

Well done to our 22 newly qualified female PDP1 Soccer Coaches. Twenty-two women came together from 10 soccer clubs in Meath and completed their PDP1 Soccer Training with the FAI in March. These new coaches previously completed their Safeguarding Training and are due to take part in the final two training modules: Coaching Teenage Girls and Referee training in the coming weeks.

We are working closely with the FAI to ensure this programme is available again from September.

If you are interested in taking part in Soccer Coach training please see <https://www.meathsports.ie/social-soccer-for-women-girls-16/> or contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)



## Women in Sport

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

Meath LSP and Basketball Ireland continue to roll out a social basketball programme for women in Meath.

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

The programmes are aimed towards complete beginners and those with previous experience and are delivered by qualified coaches .



Programmes are currently taking place in the following locations:

Venue	Day	Time	Cost	Registration link
Athboy Community School	Tuesdays	7pm	€5	<a href="#">Socia-Ball - Social Basketball for Women   Meath Sports</a>
Ashbourne Community School	Wednesdays	7pm	€5	<a href="#">Socia-Ball - Social Basketball for Women   Meath Sports</a>

### Bike Maintenance for Women

There is nothing more annoying than discovering there's something wrong with your bike halfway through a cycle. This simple M Check Bike Maintenance Workshop could save you time and money.

The M check is a **basic safety check** of all the main working parts of a bike, moving from the front wheel, to the handlebars, down to the bottom bracket, back up to the saddle then down to the rear wheel.



It's a quick way to ensure safety and safeguards you from getting caught out by a loose bearing, dodgy spoke or slow puncture when you're mid-cycle. Programme includes Puncture Repair, Saddle Check and Chain Check etc. Free puncture repair kit for all participants!

Venue	Date	Time	Registration link
Scoil Naomh Eoin, Navan	Mon 13th May	7pm	<a href="#">Bike Maintenance for Women   Meath</a>

## Women in Sport

### HER Outdoors 2024 (12-18th August)

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

This week is all about providing more opportunities for ALL females to escape to the outdoors and try something new.

For such a tiny island, there are so many incredible outdoor activities on offer and this should be celebrated to the fullest!

Meath LSP are hosting a variety of events for girls and women of all ages – come and try something new and see the opportunities that are available in the great outdoors...



## Women in Sport

### Women in Sport Week – 4th – 10th March - Report

A massive well done to all 353 girls, teens and women that took part in our 14 Women in Sport Week events.!

Activities spanned from Dance to Olympic Handball to Soccer Coaching with girls from 8yrs to women 80yrs getting involved, fantastic to see so many taking part.

The aim of the week-long programme is to introduce a wide variety of inclusive activities specifically for women and girls and highlight the benefits of keeping active.

In total we hosted 8 different programmes in 17 locations and focused on inclusion and diversity ensuring programmes suited women and girls of all ages, abilities and fitness levels.





## Training & Education

### Safeguarding 1 Basic Awareness in Child Protection Workshop

6th June | 6.30pm-9.30pm | Zoom

OR

29th August | 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 [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie) or call 046-9067887.

### Safeguarding 2 Club Children's Officer Workshop

16th 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.

→ Please call 046-9067887 or email [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie) to check availability of spaces.





## Training & Education

### Safeguarding 3 Designated Liaison Person (DLP) Workshop

16th May | 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 [mlsp@meathcoco.ie](mailto:mlsp@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 [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie) or call 046-9067887.

## Youth/Teens

### Youth 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.

This programme is inclusive of all fitness levels, delivered by qualified coaches. Programmes are currently taking place in the locations below.



Location	Day	Time	Register at
Athboy Community School	Tuesdays	6pm	<a href="#">Youth Social Basketball - 2024   Meath Sports</a>
Dunboyne Community Centre	Tuesdays	5pm	<a href="#">Youth Social Basketball - 2024   Meath Sports</a>
Ashbourne Community School	Wednesdays	5:45pm	<a href="#">Youth Social Basketball - 2024   Meath Sports</a>

### Badminton for Teens – Coláiste na hInse, Bettystown.

**Teens (boys & girls 10-17yrs) – Wednesdays 5pm**

This is a new badminton programme taking place in Bettystown for teenagers (10—17yrs). Badminton is a great sport and an ideal way to gain fitness and play socially.

This programme is led by qualified Badminton Ireland Coaches and ideal for complete beginners and improvers. Places are limited, early booking is advised

For more details and to Register:  
<https://forms.office.com/e/7JU0pL6XBq>



## 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](http://www.meathsports.ie) or contact us at 046-9067887 or email [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)

### 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.

Over 450 primary school students took part in the first-round competitions where the winners progressed to the county finals in Gormanston Sports Park in February and then qualified for Leinster finals.

All provincial winners took part in the All Ireland Olympic Handball Schools finals in Limerick on 24th April with three Meath schools crowned WINNERS taking GOLD!!!

Congratulations to the winning teams who brought GOLD back to the Royal County ...

U11 - Boys – St. Colmcille's Kells

U13 Girls – St. Pauls, Ratoath

U13 Boys: Yellow Furze



## Schools Section

### Inspiring Girls programme



**Inspiring Girls** is a **HER Moves** programme which is all about empowering teenage girls to become more active. It's a community for all teenage girls to "Find Something that Moves You!" **#Hermoves**

The programme is designed to train older teenage girls to lead and empower younger girls to become more active.

The 8-month programme included:

- Leadership Training
- Sport Specific Training by national governing body
- Mentoring Training
- Inclusion & Disability Training
- 8-week Multi-Sport programme
- Celebration Event



In total over 180 girls took part in the programme and attended the Inspiring Girls Celebration Event where they had the opportunity to try out Rowing, Virtual Canoeing, Hula Hooping, Olympic Handball, Multi-Sports, Team Building, Jewellery Making and Arts & Crafts.

The event took place in Gormanston Sports Park on Tuesday 30th April and we wish to thank all our partners for their support.

→ If your school would like to take part in the Inspiring Girls Programme, please contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@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](mailto:cyclingsafetyschool@gmail.com)



#### 2023 Summary:

39 Schools  
All 6 areas  
of Meath

1,882  
participants

952 boys  
930 girls  
3<sup>rd</sup> – 5<sup>th</sup> 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.

Mature Movers Summer programme begins in May, check out the timetable below to try a class near you!



**€30 for  
6 weeks!**

Area	Venue	Start Date	Time
<b>NAVAN</b>	Pitch and Putt Navan	Monday 20th May	10:30am – 11:30am
<b>ATHBOY</b>	St. James Hall	Tuesday 21st May	12pm - 1pm
<b>ASHBOURNE</b>	Ashbourne GAA	Wednesday 22nd May	2pm—3pm
<b>KELLS</b>	Eureka House Kells	Wednesday 22nd May	12pm - 1pm
<b>RATOATH</b>	The Venue	Thursday 23rd May	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

Meath LSP are delighted to be hosting a Pickleball information evening giving people in Meath the opportunity to try out the sport of Pickleball and find out how to set up a group in your community with the support of Meath LSP.

On the night you will get a chance to play the game and have the opportunity to meet Pickleball groups that are currently set up in Meath. These groups will be able to give you an insight into getting Pickleball going in your area.

**Date:** Thursday May 30<sup>th</sup>

**Time:** 8pm-9pm

**Venue:** Claremont Stadium Navan

→ To book a place or for more details, please contact Terry on [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie) or call 046-9067887



We were delighted to welcome recently, Ireland AM to Dunshaughlin Community Centre to showcase one of our Pickleball programmes. It was a great opportunity, not only to promote one of the fastest growing sports in the country, but also to highlight the breadth of work being delivered within the LSP network. Watch the video here: <https://youtu.be/BLsCVXD1uCo>

## 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.

Come and Try Activator Poles, see details below.



Venue	Start Date	Time	Duration	Cost
<b>Blackwater Park, Navan</b>	May 23rd – June 27th	11am –12pm	6 weeks	€30
<b>Porchfields, Trim</b>	May 22 <sup>nd</sup> – June 26 <sup>th</sup>	11am –12pm	6 weeks	€30
<b>Deerpark, Carlanstown</b>	May 24 <sup>th</sup> – June 28 <sup>th</sup>	11am-12pm	6 weeks	€30

→ For any queries please contact Terry on 046-9067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)



## Sports Ability Programmes

### Royal Rockets Wheelchair Sports Camp

Royal Rockets Junior Wheelchair Sports Club with the support of Meath LSP & IWA- Sport held a 2-day wheelchair sports camp for children with a physical disability. The camp was aimed at members of the club and also potential new members looking to get involved.

In total 8 families attended and participants experienced a number of different sports provided by National governing body development officers.

The Royal Rockets is suitable for children aged 6-16 years with a physical disability. New members are welcome!



Please contact Terry on 046-9067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

### North East Inclusion Days

The aim of the North East Inclusion Day was to bring together Adult services groups from the North East Area (Louth, Meath, Monaghan, Cavan) together to participate in 4 activity days. The programme itself came as a result of collaborative work between the SIDO'S in Louth, Meath, Monaghan & Cavan LSP.

The first day was hosted by Meath LSP in Quarter 1 and saw adults with an intellectual disability represented from each county. In total 85 participants attended sampling activities including Football, Pickleball, Boccia, and Athletics.

Cavan Sports partnership will lead out session 2 of the initiative to take place on June 12th, which will be attended by Meath Adult Day Services.

Any Day services in Meath who would like to get involved in this initiative please contact Terry on 046-9067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)



## Sports Ability Programmes

### Inclusive Adult Pickleball

Meath LSP will host a Taster Pickleball session for Adults with an Intellectual Disability in Simonstown GAA Navan. 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.

**Venue:** Simonstown GAA Navan

**Date:** Wednesday May 22<sup>nd</sup>

**Time:** 11am - 12pm

To book please contact Terry on [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie) or call 046-9067887



### Inclusive Summer Camps

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

#### **Camp1: Age 5-12 Years**

**Date:** Tuesday July 16<sup>th</sup> – Thursday July 18<sup>th</sup>

**Time:** 11am- 1pm

**Venue:** Meath & District League Grounds Navan

**Cost:** €10 per family

#### **Camp2: Age 13-17 Years**

**Date:** Tuesday August 13<sup>th</sup> – Thursday August 15<sup>th</sup>

**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](mailto:tdonegan@meathcoco.ie)

## Sports Ability Programmes

### Boyne Blazers Inclusive Hockey team

Boyne Hockey Club have started Hockey 4 all training aimed at young adults 12+ hosted in Drogheda Grammar school.

The sessions look to provide fun activities and mini games with dedicated, trained coaches.

Hockey sticks, shin guards and gum shields provided.

For more information, please contact Ian at [bhcfinaances@gmail.com](mailto:bhcfinaances@gmail.com)



**JOIN THE BOYNE BLAZERS TODAY**

We have 5 more FREE 1 hour training sessions left this season and we'd love you to give hockey a go (Saturday mornings from 9-10am)

Contact: [bhcfinaances@gmail.com](mailto:bhcfinaances@gmail.com)

### Inclusive Canoeing - Ribbontail Paddlers Canoe Club

Meath LSP will link with Ribbontail paddlers Canoe club to hold an Inclusive Canoeing session aimed at children with autism/ intellectual disability and their families. The session aims to give children an opportunity to gain confidence on the water with the help of the clubs experienced coaches.

Places are limited for this session!

**Date:** Wednesday July 10th

**Time:** 6:30pm-8:00pm

**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](mailto:tdonegan@meathcoco.ie)





Sports Ability Programmes

# BOHERMEEN CELTIC FOOTBALL FOR ALL PROGRAMME

**Wednesday  
Evenings  
@6pm**

**Bohermeen  
Community  
Centre**

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

**Contact:** Aoife-  
childwelfare@bohermeenceltic.com



**MEATH**  
Local Sports Partnership  
— SPORT IRELAND —

## Sports Ability Programmes

### Learn 2 Cycle

Learn 2 Cycle aims to assist children with a disability to cycle independently. This 6 week outdoor programme 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 Navan

**Date:** Thursdays May 30<sup>th</sup> – July 4<sup>th</sup>

**Time:** 4:30pm- 5:30pm

**Venue:** Claremont Stadium Navan

**Cost:** €15

#### Learn 2 Cycle Bettystown

**Date:** Thursdays August 22<sup>nd</sup> – September 26<sup>th</sup>

**Time:** 4:30pm- 5:30pm

**Venue:** Coláiste na hInse

**Cost:** €15

To book a place, please contact Terry on 046-9067887 or email [tdonegan@meathcoco.ie](mailto: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**



## Calendar of Courses and Events 2024

Activity	Date	Time	Venue
Safeguarding 3 Designated Liaison Person Workshop	16th May	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	6th June	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	29th August	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	11th September	6.30pm-10pm	Zoom
Safeguarding 2 Club Children's Officer Training	16th September	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person Workshop	19th September	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	23rd September	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	17th October	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	22nd October	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	30th October	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	4th November	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer Training	14th November	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	19th November	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person Workshop	21st November	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	28th November	6.30pm-9.30pm	Zoom

**PLEASE CHECK OUT OUR WEBSITE [www.meathsports.ie](http://www.meathsports.ie)**

**OR CONTACT OUR OFFICE FOR INFORMATION**

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