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**MEATH SWIM FEST**  
As part of the Royal County Challenge  
**NON-COMPETITIVE SWIM EVENT  
FOR RECREATIONAL SEA SWIMMERS**  
250M | 500M | 750M  
**DATE FOR YOUR DIARY: SUNDAY 6TH OCTOBER**  
FULL DETAILS TO FOLLOW



comhairle chontae na mí  
meath county council



Meath LSP are delighted to announce the inaugural Swim Fest for the East Meath Area!

The Swim fest, as part of the Royal County Challenge is a non-competitive festival of swimming for recreational sea swimmers in Meath. The event will comprise of a 250m Swim for teens aged 12-17 years and 250m, 500m & 750m swim for adults aged 18+.

Swims will be linear routes along the beach with the finish line on the beach itself! The Swim Fest is sure to be a great day & will showcase the Swimmers of East Meath and their progressions over the last number of months.

**Save the Date – Sunday 6<sup>th</sup> October. Full details to follow.**

For more information or to register your interest please contact Una at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie) or call 0469067887.



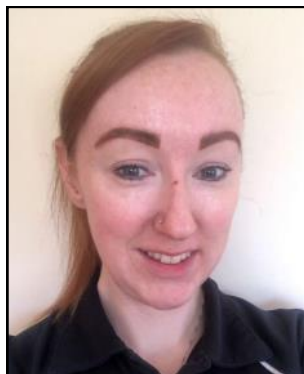
View our website

<http://www.meathsports.ie>

## Meet the Meath LSP team



**Mary Murphy**  
Chief Executive Officer



**Lynn O'Reilly**  
Senior Administrator



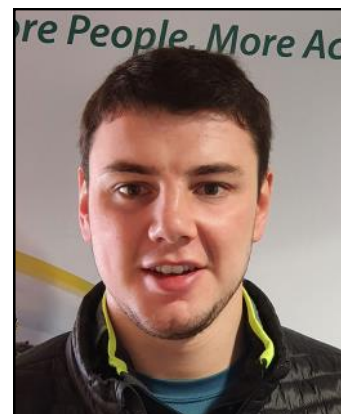
**Ruairi Murphy**  
Programme Manager &  
Sports Development Officer



**Lisa O'Dowd**  
Sports Development Officer  
*with specific focus on Women in  
Sport & School Programmes*



**Una Pearson**  
Club & Community Sports  
Development Officer



**Terry Donegan**  
Sports Inclusion Disability  
Officer



**Paula Cunningham**  
Sports Development Officer  
*with specific focus on Older  
People & Youth Development*



**Ross Kenny**  
Outdoor Recreation Officer

## Community Activity Programmes

### Meath LSP welcomes Paula and Ross to our staff team!

**Paula Cunningham** joins our staff team as a **Sports Development Officer** with specific focus on engaging Young People and Adults 50+ in sport and physical activity.

Paula joins us from her role as the Youth Justice Project Coordinator with Meath Travellers Workshop.

Paula has over 20 years involvement in sport having spent the majority of her younger life heavily involved in sports such as swimming, equestrian, running and target shooting. Paula went on to compete at international level in Target Shooting and represented Ireland in the world shooting championships.



**Ross Kenny** recently joined our team as the **Outdoor Recreation Officer**. Ross' role will see him working in collaboration with Sport Ireland and the other pilot LSPs, Meath County Council, Meath Partnership, state agencies and other key stakeholders to support a more coordinated, cohesive approach to outdoor recreation at county level in Meath.



Meath LSP was selected as one of six pilot sites been rolled out in Local Sports Partnerships (LSPs) across the country in 2024. The Outdoor Recreation Officer pilot programme is being funded by the Department of Rural and Community Development and supported by Sport Ireland.

Ross has a robust background in tourism and marine services, community development, and extensive experience in fostering partnerships and managing outdoor recreational projects.

The Board and staff of Meath LSP extends a warm welcome to Paula and Ross and wishes them every success in this new chapter of their career!



## Community Activity Programmes

### East Meath Summer Activities

#### Open Water Swimming

A number of successful Open Water Swimming programmes were held in East Meath over the summer months. These programmes were aimed at participants who want to improve their swimming and breathing technique, learn more about positioning in the water and increase their fitness and swimming distance. The safety elements of these programmes are extremely important with a huge emphasis on how to be safe in the water, preparing pre and post swim, weather, tides/ currents, wind and cold water shock/ hypothermia. This programme which is integral to the delivery of sea-based activities in East Meath, ensures their 250+ daily dippers and the wider community are dipping and swimming safely.



In total, 8 programmes were run with a total of 73 participants. 23 of these participants were teenagers aged 12-17 years, the remaining 50 being adults aged 18+. Of these 8 programmes, 5 were delivered in partnership with Swim Ireland and delivered by newly qualified and local Swim Ireland Level 2 Open Water Swimming teachers. Meath LSP are delighted to have locally qualified teachers in open water swimming. This in turn will see an increased delivery of Open Water programmes in the East Meath area.



#### Games on the Beach

Games on the Beach took place for a 5<sup>th</sup> year on Bettystown beach on the 16<sup>th</sup> July. This year saw a record number of 100+ children and young people taking part in multiple sports throughout the day. The games this year consisted of Soccer, Olympic Handball, Volleyball and Tag Rugby.

We were delighted to have representatives from Leinster Rugby, FAI, Volleyball Ireland and Olympic Handball Ireland in attendance, supporting the young people and showcasing the enjoyment which can come from their sports. For many of the young people in attendance this was their first opportunity to try some of the sports on offer and it was great to see the enthusiasm and willingness to try something new. Every young person who took part received a goody bag at the end of the day.

A huge thank you to all those who took part; the NGB representatives, our tutors, our partners Foróige and the East Coast Family Resource Centre, this wonderful event could



not take place without you all. Our intention in 2025 is to host regular Games on the Beach type events!

## Community Activity Programmes

### Swim Safe Event



Meath LSP in partnership with Swim Ireland are hosting a Swim Safe event for Bettystown beach on Wednesday 25<sup>th</sup> September. This event is part of European Week of Sport. The event consists of a Swim Safety talk provided by the Royal Life Saving Society, a kids fun & splash session, an adults Sea Swim & Dip and a Walk and Wade for adults 55+.

Refreshments & goody bags will be provided. The cost of the event is €5 per person.

For more information or to book your place please contact Una at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie) or call 0469067887.



Time	Event
5:30pm – 6:30pm	Swim Safety talk
6pm	Older Adults Walk & Wade
6:45-7:30pm	Kids fun and splash
7:30 – 8:15pm	Swim/Dip taster session







## Community Activity Programmes

### European Week of Sport 2024



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

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

Date	Activity	Time	Location	Description	Contact	Cost
<b>Monday 23<sup>rd</sup> Sept</b>	Run Jump Throw Navan	4pm- 5pm	Scoil Na- omh Eoin Navan	For children with additional needs aged 5-12 years	Terry Donegan <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>	€10 for 6 weeks
<b>Monday 23<sup>rd</sup> Sept</b>	0-3k & 3-5k	7pm	Kells, Navan, Trim & Tara	6-week Social Run- ning	Lisa O'Dowd <a href="mailto:lodowd@meathcoco.ie">lodowd@meathcoco.ie</a>	€20
<b>Tuesday 24<sup>th</sup> Sept</b>	Badminton for Women	7pm	Drumree GAA	6-week Come & Try Badminton for Adults	Lisa O'Dowd <a href="mailto:lodowd@meathcoco.ie">lodowd@meathcoco.ie</a>	€30
<b>Tuesday 24<sup>th</sup> Sept</b>	Socia-Ball	7pm	Athboy	6- week Social Bas- ketball for Youth & Women	<a href="https://bit.ly/meathsocialreg24">bit.ly/ meathsocialreg24</a>	€30
<b>Tuesday 24<sup>th</sup> Sept</b>	Active So- cial morn- ing for adults 50+	11am	Simonstown GFC	Come and try a variety of activities aimed at adults 50+ Tea coffee and refreshments pro- vided	Paula Cunningham <a href="mailto:pcunningham@meathcoco.ie">pcunningham@meathcoco.ie</a>	Free
<b>Wednes- day 25<sup>th</sup> Sept</b>	Swim Safe evening	5:30- 8:30p m	Bettystown Beach	Swim Safe talk with RLSS Kids fun & Splash Adults 55+ Walk & Wade Sea Swim taster session	Una Pearson <a href="mailto:upearson@meathcoco.ie">upearson@meathcoco.ie</a>	€5 per person
<b>Wednes- day 25<sup>th</sup> Sept</b>	Run Jump Throw Bettystown	5pm- 6pm	Colaiste na hInse	For children with additional needs aged 5-12 years	Terry Donegan <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>	€10 for 6 weeks
<b>Thursday 26<sup>th</sup> Sept</b>	Run Jump Throw Ash- bourne	5pm- 6pm	Ashbourne Community School	For children with additional needs aged 5-12 years	Terry Donegan <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>	€10 for 6 weeks
<b>Saturday 28<sup>th</sup> Sept</b>	Inclusive Family Cy- cle	10am- 11am	Park Beo Greenway Wil- kinstown	For children with additional needs	Terry Donegan <a href="mailto:tdonegan@meathcoco.ie">tdonegan@meathcoco.ie</a>	FREE

## Community Activity Programmes



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

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

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

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

Walktober challenge...be part of it, all abilities and ages welcome! Keep an eye on our social media and website for more information!

EXCITING **4 WEEK** PROGRAMME TO COMPLETE

**30km or 80km**

**IN OCTOBER**

WALKTOBER 30km CHALLENGE

WALKTOBER 80km CHALLENGE

Receive a **FREE** Walking Challenge Calendar

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

Programme	Start Date	Time	Venue
Social Basketball	Wednesday 18 <sup>th</sup> September	8pm	Ashbourne Community Centre
Pickleball	Thursday 26 <sup>th</sup> September	7pm	Claremont Stadium, Navan
Pickleball	Wednesday 25 <sup>th</sup> September	8pm	Coláiste na hInse, Bettystown
Social Soccer	Saturday 28 <sup>th</sup> September	4:30 –5:30pm	East Meath United

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

### Meath Running Group

Meath Running Group will continue with a 9 week 'Improve your Endurance' programme which will focus on steadily improving your endurance and building towards longer distance running. The programme is ideal for anyone aiming to complete a half marathon or full marathon.



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

Meath Running Group – 'Improve your Endurance' programme will start **Wednesday 11th September in Blackwater Park, Navan**. To book see: <https://eventmaster.ie/event/W4Zvi65i0j>





## Community Activity Programmes

### Community Sports Hub Navan



**Our aim is to get the local community of Navan more active, more often!**



The Community Sports Hub Navan provides a wide range of sport & physical activities for all ages & abilities in the Windtown, Johnstown, Claremont areas of Navan.

In January to June 2024 over 1,000 participants took part in programmes such as: Active Women, Multi-Sport activities, Midterm Multi-Sport Camps, Fit Dance, Olympic Handball, Basketball, Tag Rugby, Futsal, Buggy Buddies and much more.

1058 Participants

10 venues

23 partner agencies

30 programmes

12 coaches

3 areas



Check out our Facebook page – [Community Sports Hub Navan](#) for opportunities to get involved in sport and physical activity or take a look at our ‘What’s On’ list of programmes for the Autumn coming soon.

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

## Community Activity Programmes

### Community Sports Hub Navan

#### Halloween Camps



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

Check out the times and venues below where children aged 5-12 can be active and take part in a variety of sports and activities. Registration links are available under each camp details.

#### Multi-Sport Halloween Camp – Blackwater Park

**Date:** Tuesday 29<sup>th</sup> October – Thursday 31<sup>st</sup> October

**Time:** 1-3pm

**Venue:** Blackwater Park, Navan

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

**Register:** [https://eventmaster.ie/event/](https://eventmaster.ie/event/JLQUpvHRk)

**JLQUpvHRk**

**Cost:** €5

#### Multi-Sport Halloween Camp – Claremont Stadium Hall

**Date:** Tuesday 29<sup>th</sup> October – Thursday 31<sup>st</sup> October

**Time:** 10am – 12pm

**Venue:** Claremont Stadium, Navan

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

**Register:** [https://eventmaster.ie/event/](https://eventmaster.ie/event/Lr2bcp3H76)

**Lr2bcp3H76**

**Cost:** €5



Please use registration links provided above. For any other queries please contact Una at [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie) or call 0469067887



## Clubs

### Sport Ireland Coaching Workshops



Meath LSP In conjunction with Monaghan, Cavan & Louth LSP's will host a number of Sport Ireland coaching online workshops.

These workshops are not sport specific and are suitable for coaches of any sport. The workshops are research based and focus on informing and upskilling coaches to ensure children, young people and teenage girls enjoy sport, that their sporting experiences are suitable for their level and ability and to ensure children and young people stay involved in sport across the life span. More details on each workshop is available below.

#### Physical Literacy - Cost: €10

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

#### Coaching Children - Cost: €30

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

- Workshop 1: Coaching Children Successfully in Sport - An Introduction for Coaches
- Workshop 2: Child-Centred Coaching - Understanding Child Development & Learning and its Impact on How We Coach
- Workshop 3: Developing Physical Literacy through Sport 1 - Coaching Children to Move
- Workshop 4: Developing Physical Literacy through Sport 2 - Coaching Children To Think

Attendance at all four workshops is compulsory for certification

#### Coaching Teenage Girls - Cost: €10

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

Learn new ways to:

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

For more information or to book your place please contact Una at 0469067887 or email

[upearson@meathcoco.ie](mailto:upearson@meathcoco.ie)

## Clubs

### Safeguarding 1 Basic Awareness in Child Protection Workshop

**17th 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 [loreilly@meathcoco.ie](mailto:loreilly@meathcoco.ie) or call 046-9067887.

### Safeguarding 2 Club Children's Officer Workshop

**22nd October, 6.30pm-9.30pm, 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 call Lynn on 046-9067887 or email [loreilly@meathcoco.ie](mailto:loreilly@meathcoco.ie)



## Clubs

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

**19th September, 6.30pm-9.30pm, Zoom OR 21st November, 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.

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. To book, please email [loreilly@meathcoco.ie](mailto:loreilly@meathcoco.ie) or call 046-9067887.

### Meath LSP Club Grant Scheme 2024

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

#### 1. Increasing Participation Grant (Max €1,000)

This Return to participation grant is designed to support clubs to increase participation in physical activity, particularly amongst the target groups listed below.

- Older adults
- Women and Girls
- Men 35yrs+
- People with disabilities
- Disadvantaged communities
- Ethnic minorities
- Young people



#### 2. Equipment Grant (€500- €1,000 depending on demonstrated need)

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.

#### 3. Volunteer Support Grant (Max €1,000)

This Volunteer Support grant is designed to support clubs and organisations in upskilling new and existing coaches and volunteers. This will be achieved through the delivery of training and education courses to support volunteers in their development as community leaders/coaches of sport and physical activity.

Criteria and application forms are available [HERE](#). For more information contact Una [upearson@meathcoco.ie](mailto:upearson@meathcoco.ie)

## 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 Netball! Netball is energetic, 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:** Monday 2nd September

**Time:** 7pm

**To register email:** [boynenetball@gmail.com](mailto:boynenetball@gmail.com)

### 0-3k & 3-5k 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 23rd September @ 6.30pm
- Navan AC, Claremont Stadium – Monday 23rd September @ 7pm
- Trim AC, meeting at Supermacs – Monday 23rd September @ 7pm
- Kells AC, meeting at Fair Green, Kells – Monday 23rd September @ 7pm
- Ballinacree GFC, Oldcastle—Monday 23rd September @7pm

Cost is €20 for 6 weeks. Booking is essential.

For more details and to register please see: <https://www.meathsports.ie/women-in-sport/0-to-3k-3-5k-running>



## Women in Sport

### Come & Try Hockey for Women 18+

Come and Try Hockey is a new 6-week initiative from Meath LSP and Navan Hockey Club!

Come and try this inclusive sport and learn the key skills of hockey. Hockey has always been a very popular sport in Meath and we would love to see women taking part who have never played before or those might not have played since school or college.



Places are limited so don't miss out!

**Date:** Friday 4th October

**Location:** Navan Hockey Grounds, Windtown, Navan (beside Navan Aura)

**Cost:** €20 for 6-weeks

**Registration:** <https://eventmaster.ie/event/2ZBjc2qc0z>

### Badminton for Women 18+

Meath LSP in collaboration with Badminton Ireland are bringing a new badminton programme for women 18+ 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.

- ⇒ **Bettystown** – Wednesdays 11th September from 6-7pm – contact [eastmeathbc@gmail.com](mailto:eastmeathbc@gmail.com)
- ⇒ **Drumree** – Tuesday 10th September from 7-8pm – registration: [gkehoe@badmintonireland.com](mailto:gkehoe@badmintonireland.com)



## Women in Sport

### Women's Social Soccer Programme – COMING SOON – 7th October 2024

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

The programme comprises of 3 blocks:

#### **Block 1 - Come & Try Programme**

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

#### **Block 2 - Upskilling**

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

#### **Block 3 – Education & Training**

- PDP 1 female only training for all clubs involved in the programme. This comprehensive training initiative is the first step to becoming a qualified soccer coach. If all places are not taken, other clubs/players are invited to take part.
- FAI 'Officials' Training Course available for those who would like to try their hand at other responsible roles in soccer: Referee, Match Officials etc
- Safeguarding 1 – Child Protection Training – a comprehensive training initiative to protect and support all coaches working with children and vulnerable adults
- Coaching Teenage Girls Workshop – a workshop designed specifically for coaches who are training teenage girls

**To register or for more information contact Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie) or call 0469067887.**





## Women in Sport

### Mastering Midlife Workshop

Mastering Midlife workshop returns for two evenings – **Wednesday 16th & Wednesday 23rd October, 7-9pm, Zoom.**

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



Cost of 4-hour online workshop is €20 – places are limited so early booking is advised.

*“This workshop was so insightful and gave me a new plan of making exercise and a healthy lifestyle a priority in my life going forward”.*

*“I found this course so enjoyable and learned really useful techniques for making exercise easier in my 50’s, would recommend this course for every women over 35”.*

To register see: <https://eventmaster.ie/event/PQL9UJDhLe> or for more information email Lisa at [lodowd@meathcoco.ie](mailto:lodowd@meathcoco.ie)

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

Meath LSP are delighted to support Basketball Ireland in continuing 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:

Location	Start Date	Time	Duration	Cost	Registration link
<b>Ashbourne</b>	Wednesday 18th Sept	7pm-8pm	6 weeks	€30	<a href="mailto:ashbourneraptors@gmail.com">ashbourneraptors@gmail.com</a>
<b>Athboy</b>	Tuesday 17th Sept	7pm-8pm	6 weeks	€30	<a href="https://bit.ly/meathsocialreg24">bit.ly/meathsocialreg24</a>
<b>Bettystown</b>	Wednesdays	7pm-8pm	6 weeks	€30	<a href="mailto:eccbasketballregistrar@gmail.com">eccbasketballregistrar@gmail.com</a>

## Youth / Teens

### Youth Basketball



Calling all 10-16yr olds in Dunboyne & Athboy areas! Social basketball returns to **Dunboyne** and **Athboy** this Autumn! No experience necessary.

- **Dunboyne** – Tuesday 17<sup>th</sup> September at 5-6pm
- **Athboy** – Tuesday 17<sup>th</sup> September at 6-7pm

To book your place follow the link, [bit.ly/meathbasketballreg24](https://bit.ly/meathbasketballreg24) or for more information contact Casey on [ctryon@ireland.basketball](mailto:ctryon@ireland.basketball).

If you are interested in basketball in Ashbourne contact [ashbourneraptors@gmail.com](mailto:ashbourneraptors@gmail.com)

Why not come along and bring a friend!



### Come and Try Hockey for Girls!

Meath LSP & Navan Hockey Club are delivering a Hockey for Girls (10-16yrs) programme. This programme starts **Wednesday 18<sup>th</sup> September @ 5pm on the Hockey Astros at Aura Navan Leisure Centre.**

This 4-week come & try is suitable for complete beginners and all fitness levels! Cost is €10 for 4 weeks and all participants will receive a gum shield and shin guards. Booking is essential as places are limited.

To book please see <https://eventmaster.ie/event/77xOhyeFdv> or for more information contact Paula at [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie) or call 046-9067887.



## Youth / Teens

### Leadership in Sport for Young People

Meath LSP have launched our new Leadership in Sport programme for schools, youth groups and clubs. The programme focuses on developing the core leadership qualities and skills of young people using a multi-sport approach.

Key areas such as planning, evaluation, teamwork, problem solving and diversity & inclusion are covered during the 3-day workshop.

Along with this, there is a sport specific module where learners gain first-hand experience in a specific sport like Basketball or Olympic Handball.

In this, they obtain practical leadership experience delivering a 6-week recreational sports programme within the school for younger students.



Upon completion all learners receive a Leadership in Sport certificate and a Sport Specific certificate.

This is an ideal start for young people who have an interest in sport. It's an excellent opportunity to promote their own personal development while highlighting the various opportunities available through sport as a volunteer, coach or for those considering sport as a career option.

We are now accepting expressions of interest from schools, youth groups or club who are interested in having this programme delivered in their setting.

For more information please see <https://www.meathsports.ie/young-people-schools/sports-leadership-award/> or contact Paula on [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie)





## Schools

### Cycle Safety

The **CYCLE RIGHT** programme is a cycle safety programme delivered by the Cycle Safety School in primary schools in Meath.



Meath LSP with support from Active Travel in Meath County Council assist schools with the cost of delivery the programme.

The **CYCLE RIGHT** programme, 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

The goal of **CYCLE RIGHT** is to provide the national standard of cycle safety and skills training to all students.

If your school is interested in taking part in the **CYCLE RIGHT** programme or you require further information please contact **Barbara Connolly** at [cyclingsafetyschool@gmail.com](mailto:cyclingsafetyschool@gmail.com)



## Schools

### 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:

- **Leadership** – Leadership Skills/Inclusion & Diversity for Senior Girls
- **Participation** – Multi Sport Programme of her choice for Junior girls
- **Sustainability** – Training, Education & Mentorship on how to introduce a new recreational sport for all students within the school eg: Olympic Handball
- **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/oqhiCCKuMQBeaYcn9>

### Schools Olympic Handball – Primary & Secondary Schools

Meath LSP will continue to partner with the Irish Olympic Handball Association (IOHA) for the Schools programme taking place from September 2024.

All schools will benefit from teacher training, support from Olympic Handball Ireland, registration in County, Provincial and All Ireland competition.

**Primary Schools:** <https://membership.mygameday.app/regofrm.cgi?aID=29335&pKey=a334c711144588f11d2461ee2a7c4d87&formID=116046>

**Secondary Schools:** <https://events.mygameday.app/event/leinsterblitzdaysecondary>



**Closing date for registrations: 30th September (no applications accepted after this date)**



## Adults 50+

### Mature Movers

Our popular seated exercise class for adults 50+ is back! This popular class runs for 6 weeks and focuses on 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 adults 50+ as it provides enjoyable social interaction, fun and activities.

Check out the timetable below to join a class near you this Autumn.

Location	Venue	Start Date	Time
Navan	Pitch and Putt Club	9 <sup>th</sup> September	11:30am
Kells	Eureka House	11 <sup>th</sup> September	12pm
Ashbourne	Donaghmore Ashbourne GAA Club	11 <sup>th</sup> September	2pm
Ballinacree	Community Centre	12 <sup>th</sup> September	10am
Piltown*	St. Colmcille's GAA	30 <sup>th</sup> September	12pm
Athboy*	St. James Hall	1 <sup>st</sup> October	12pm
Ratoath*	The Venue	3 <sup>rd</sup> October	10:30pm

Cost is €30 per 6-week block. *\*Please note Piltown, Athboy and Ratoath will be a 4-week block at the cost of €20.* Bookings are now open at: <https://www.meathsports.ie/older-people/mature-movers/>.

For more information contact Paula on 0469067887 or email [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie)





## Adults 50+

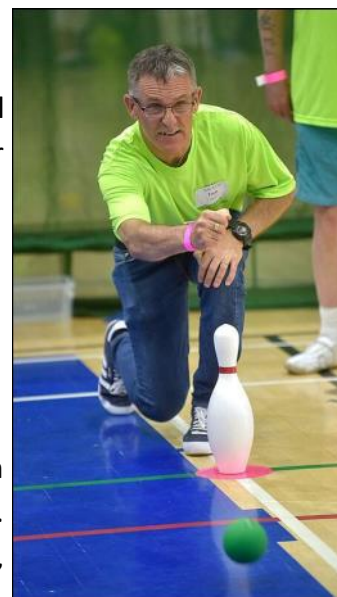
### Adults Over 50's Social Morning

Come along to Simonstown GFC on 24<sup>th</sup> September at 11am for an active social morning hosted by Meath LSP. We will be showcasing a range of activities for adults 50+. Activities will include (but not exclusive to)

- Pickleball
- Games for Life
- Cornhole

This will be a relaxed social setting with the chance to try out all the activities on offer and give your feedback on what you would like to see continue in the area. Activities are fully accessible for all abilities. You just need comfortable clothing, flat shoes and be open to having fun!

Tea, coffee and refreshments will be available on the day. To register your interest, contact Paula on 0469067887 or email [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie)



## Adults 50+

### Activator Poles

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
Deerpark, Carlanstown	September 27 <sup>th</sup> - November 1 <sup>st</sup>	11am-12pm	6 weeks	€30
Blackwater Park, Navan	October 10 <sup>th</sup> – November 14 <sup>th</sup>	11am – 12pm	6 weeks	€30
Fairyhouse, Ratoath	October 16 <sup>th</sup> – November 20 <sup>th</sup>	11am – 12pm	6 weeks	€30

To book please contact Terry on [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie) or call 0469067887





## Adults 50+

### Pickleball

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

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

Pickleball can be played in singles or doubles format by Adults 18+ and all skill abilities. Meath LSP have linked with a number of community organisations in helping form Pickleball groups throughout the county.



We recently welcomed 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 breath of work being delivered within the LSP network. Watch the video at: <https://youtu.be/BLsCVXD1uCo>.

Area	Day	Time	Location
<b>Navan</b>	Thursdays	7pm	Claremont Stadium
<b>Athboy</b>	Mondays & Saturdays Wednesdays	10:30am 7pm	Athboy Convent Community Centre
<b>Bettystown</b>	Wednesdays	8pm	Colaiste Na hInse
<b>Ratoath</b>	Tuesdays	11:30am	The Venue Ratoath
<b>Dunshaughlin</b>	Thursdays	6pm	Dunshaughlin Community Centre
<b>Ashbourne</b>	Mondays	6:30pm	Ashbourne Community School

If you would like to attend any of the venues above please contact Terry at on [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie) or call 0469067887.

### Come and Try Social Tennis for Women 50+

4-week introduction to social tennis coming soon to Ratoath!

Whether you are new to the sport or have played tennis at a younger age, this will be a great opportunity to get involved in a social capacity with the guidance and support of a club coach. All equipment provided.

To register your interest, contact Paula on 0469067887 or email [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie)





## Adults 50+

### Fitness Made Easy (Strength and Mobility for Adults 55+ )

Meath LSP and BT Fitness Navan are offering a 6-week introductory gym class led by a qualified Personal Trainer specialising in exercise for adults 50+. This course will introduce basic gym activities designed to improve strength and mobility.



The class will take place at an off-peak time in the gym meaning participants can exercise in a relaxed, friendly environment. All activities will be adapted to accommodate varying abilities.

**Cost:** €30 for 6 weeks

**Venue:** BT Fitness Unit 6 Beachmount Home Park, Navan

**Date:** Wednesday 25<sup>th</sup> September

**Time:** 11am

To book your place on the upcoming programme contact Paula on 0469067887 or email [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie)



### Social Pétanque for Adults 50+

Social Pétanque (pronounced Peh-tonk) returned this summer with come and try social mornings in three locations in Meath!

Pétanque, which is an adapted version of Boules, proved to be a popular social activity, playable on most outdoor surfaces.



Two Social Pétanque groups have been meeting since early July in Blackwater Park Navan and on the beach in Bettystown. A come and try social morning also took place in Trim as part of HER outdoors week. Groups will continue over the Autumn months, continuing to enjoy being active in the outdoors while the weather allows.

If you are interested in joining one of the social Pétanque groups or would like to discuss setting a group up in your area, contact Paula on 0469067887 or email [pcunningham@meathcoco.ie](mailto:pcunningham@meathcoco.ie)

## Sports Ability Programme

### Run Jump Throw

The Run Jump Throw programme ran over 6 weeks is aimed at children with Autism / Intellectual disability aged 5-12 years. The sessions 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 a place in an area below please call Terry on 0469067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)

Area	Venue	Date	Time	Cost
<b>Navan</b>	Scoil Naomh Eoin Navan	Mondays September 23 <sup>rd</sup> - October 28 <sup>th</sup>	4pm-5pm	€10 per family
<b>Athboy</b>	Athboy Convent Community Centre	Tuesdays October 1 <sup>st</sup> – November 5 <sup>th</sup>	5pm-6pm	€10 per family
<b>Bettystown</b>	Coláiste na hÍnse	Wednesdays September 25 <sup>th</sup> - October 30 <sup>th</sup>	5pm-6pm	€10 per family
<b>Ashbourne</b>	Ashbourne Community School	Thursdays September 26 <sup>th</sup> — October 31 <sup>st</sup>	5pm-6pm	€10 per family





## Sports Ability Programme

### Meath LSP Inclusive Club Grant Scheme 2024

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

#### 1. Increasing Participation Grant (Max €1,000)

This return to participation grant is designed to support clubs to increase participation opportunities for children & adults with disabilities in physical activity.

#### 2. Equipment Grant (€500- €1,000 depending on demonstrated need)

This equipment grant is designed to support clubs and organisations in purchasing additional equipment required for their Inclusive club/ group helping in increasing participation in physical activity.

#### 3. Volunteer Support Grant (Max €1,000)

This Volunteer Support grant is designed to support clubs and organisations in upskilling new and existing coaches and volunteers. This will be achieved through the delivery of Inclusive training and education courses to support volunteers in their development as community leaders/coaches of sport and physical activity.

Criteria and application forms are available [HERE](#). For more information contact Terry [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)





## Sports Ability Programme

### Learn 2 Cycle

Learn 2 Cycle assists 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 Ashbourne

**Date:** Thursdays November 7<sup>th</sup> – December 12<sup>th</sup>

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

**Duration:** 6 weeks

**Venue:** Ashbourne Community School

**Cost:** €15



#### Learn 2 Cycle Dunboyne

**Date:** Wednesdays October 2<sup>nd</sup> – November 6<sup>th</sup>

**Time:** 4pm- 5pm

**Duration:** 6 weeks

**Venue:** Dunboyne Community Centre

**Cost:** €15

#### Advanced Learn 2 Cycle Dunboyne

**This programme is suitable for those who have previously completed a Learn 2 Cycle programme.** This programme continues to develop competence and confidence of budding cyclists by focusing on the fundamental skills of cycling, balance, braking, cornering and pedalling.

**Date:** Wednesdays October 2<sup>nd</sup> – November 6<sup>th</sup>

**Time:** 5pm- 6pm

**Duration:** 6 weeks

**Venue:** Dunboyne Community Centre

**Cost:** €15



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

## Sports Ability Programme

### 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 have 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. Please feel free to reach out to any of the contacts below if you have a child with additional needs who would like to play football.

Club	Contact	Description
East Meath United	Janet - 0851289477	Children with additional needs aged 6-16 years.
Balrath FC	Keith - 0876875720	Children with additional needs aged 6-16 years.
Enfield Celtic	Ger- <a href="mailto:cwoenfieldcelticfc@gmail.com">cwoenfieldcelticfc@gmail.com</a>	Children with additional needs aged 5-12 years.
Castle Villa AFC	Gary - 0879616836	Children with additional needs aged 6-16 years.
Bohermeen Celtic	Aoife- <a href="mailto:childwelfare@bohermeenceltic.com">childwelfare@bohermeenceltic.com</a>	Children with additional needs aged 6-16 years.
Donacarney Celtic	Brian - 0863837061	Children with a Visual Impairment aged 6-16 years.



Castlevilla AFC Football 4 All Club



## Sports Ability Programme

### FAI Football for All Festival



The FAI recently held a Football for All Festival in the National Sports Campus Dublin with 30 clubs from around the county represented and over 300 players taking part.

Meath had three Football for All groups in attendance from East Meath United, Enfield Celtic FC and Castle Villa AFC. All players received a participation medal on the day in recognition of their efforts, the event helped showcase the growth of the Football for All programme throughout Ireland.

For more information on the Football for All programme please contact Terry at [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)



### Inclusive Pickleball

Meath LSP will host a taster Pickleball session for Adults with an Intellectual Disability in October!

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 all skill abilities.

**Venue:** Simonstown GAA Centre, Navan

**Date:** Tuesday 8th October

**Time:** 12pm-1pm



To book please contact Terry on [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie) or call 0469067887.



## Sports Ability Programme



# ROYAL ROCKETS MULTI-SPORT CLUB

Suitable for children aged 5-17 with a physical disability and their siblings.

### Sports included:

- Para Athletics
- Wheelchair Sports
- Fun and Games
- And more!

Starting:

**3RD OCTOBER**

6:30PM-7:30PM

Scoil Naomh  
Eoin, Navan  
C15 HK75

**REGISTER NOW**



[sam.jablansky@iwa.ie](mailto:sam.jablansky@iwa.ie)  
[TDonegan@meathcoco.ie](mailto:TDonegan@meathcoco.ie)



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



Irish Wheelchair  
Association  
**SPORT**

## Sports Ability Programme

### Sports Inclusion & Disability Awareness

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

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

**Date:** Tuesday October 1<sup>st</sup>

**Time:** 7pm-8:30pm

**Venue:** Zoom

**Cost:** Free

For more information please contact Sports Inclusion Disability Office Terry Donegan on 0469067887 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 the area of Disability Inclusion!

**Sports Inclusion Disability Officer (SIDO)** works to increase the participation of people with disabilities in sport, fitness and physical activity throughout County Meath. This is achieved through working in partnership with statutory agencies, sports clubs, community groups, facility providers, schools, disability service providers and people with disabilities.

#### Inclusive Clubs



#### Participation Opportunities



#### Inclusive Training



Contact Terry Donegan at 046-9067887 or email [tdonegan@meathcoco.ie](mailto:tdonegan@meathcoco.ie)



## Calendar of Courses and Events 2024

ACTIVITY	DATE	TIME	VENUE
Safeguarding 1 Basic Awareness in Child Protection Workshop (FULLY BOOKED)	11th September	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Training	16th September	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person (DLP) Workshop	19th September	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	23rd September	6.30pm-9.30pm	Zoom
Sports Injuries First Aid Workshop (FULLY BOOKED)	24th September	6.30pm-10pm	MDL, Trim Road, Navan
Safeguarding 1 Basic Awareness in Child Protection Workshop	17th October	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Training	22nd 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 (CCO) 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 (DLP) 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 OFFICE FOR INFORMATION

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

Tel: 046-9067887; Email: [mlsp@meathcoco.ie](mailto:mlsp@meathcoco.ie)