

The newsletter of
Sligo Sport and Recreation Partnership

SUMMER 2017

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New Lawn Bowls Club for Sligo



A new milestone in sports clubs available in Sligo was achieved on the 15th July with the formal launch of Sligo Lawn Bowls Club, the first ever Lawn Bowls Club

for the County. The club development represents a great partnership approach involving the hard working interim club committee supported by Sligo Sport and Recreation Partnership, Sligo County Council, Cranmore Regeneration Project and support at national level from Sport Ireland under the Dormant Accounts.



For more details of Sligo Lawn Bowls Club see page 5.



833 Participants Get Running and Walking



833 female participant places were facilitated in early summer on the hugely popular SSRP SuperValu Fit 4 Life

Women's 5K Series. The Series was organised by SSRP in conjunction with County Sligo Athletics Board and great credit is due to the 6 Athletics Clubs throughout the County who hosted events at their clubs including Sligo AC, Calry AC, North Sligo AC, South Sligo AC, Tireragh AC and Corran AC...See page 18.

SSRP facilitates the opportunity for agencies to work in partnership for the development of sport and recreation in County Sligo. A shared approach to planning & resourcing for sports development ensures maximum impact for the sporting community from the available resources.

Another Successful Sport Ireland Yeats Tour of Sligo



Once again the Sport Ireland Yeats Tour of Sligo cycle was a great success with close to **1,900 cyclists** of all ages and fitness on their bikes on the May Bank Holiday Weekend...More details on page 2.



Our Partner Agencies are:



Sport Ireland Yeats Tour of Sligo 2017



For the ninth year in succession the Yeats Tour of Sligo supported by Sport Ireland proved to be a huge success with close to 1,900 cyclists from the 32 counties on their bikes over the two day event on the May Bank Holiday weekend, 29th and 30th April. The cycling weekend commenced with the Family Fun Day, including the 10K Hazelwood Spin and the 2K Bike Trail, with children, parents and those new to the sport of cycling taking part. Special guests at the event were Rio Paralympians Eve Mc Crystal and Declan Slevin. The highlight of the Family Fun Day was the 10k Spin to Hazelwood and afterwards participants enjoyed a festival of entertainment including music, entertainment, and skills & drills.



On Sunday 30th April cyclists travelled from all over Ireland to take part. First off was the 160K Ox Mountain Challenge which got under way at 9 am followed by the 100K Innisfree Tour. The more leisurely cycle, the 60K Lough Gill Circuit departed at 10.30am with many new comers to the sport taking part.

Feedback from the participants was very positive with everybody enjoying a great weekend of cycling and while there were many tired bodies crossing the finishing line, the overall feeling was one of a great sense of achievement. A large number of volunteers supported the hosting of the event and local charity Samaritans Sligo benefited from funds raised in conjunction with the cycle.



The event was co-ordinated by Sligo Sport and Recreation Partnership and supported by a huge investment of time from the organising committee which included representatives from Sligo County Council, Mayo Sligo Leitrim ETB, and local cycling clubs Innisfree Wheelers and Eire Og. This was supported by local agencies, many community groups, volunteers and sponsors all of who contributed to a great event.



Club Development

A snapshot of the impact of Club Development supported by SSRP...

St Nathys Ladies GAA Club

St Nathys Ladies GAA club received club support from SSRP to roll out a Gaelic4Girls programme. The aim was to increase numbers at underage level so that the club could build a solid structure for years to come.

The programme was ran for 8 weeks. The club provided girls between the ages of 6 to 12 years with an opportunity to learn Gaelic Football and introduce them to the club environment. The 1st and 2nd sessions were indoor as was the final session. The remaining 4 were outdoors. We had volunteers from members within the club and parents, we averaged 1 trainer to 6 children. A club officer remarked *"We registered 55 girls and had a 90% attendance each week. This was above our expectations. We have increased numbers at both U10 and U12 ages groups. Most of all have promoted our club to our community in the best possible way we could"*.



North West Mountain Biking Club

The club is going from strength to strength and a highlight to date in 2017 has been the hosting of the National Points Series Cross Country Race 5 hosted in Union Wood. It was great success with over 150 adults and children taking part from all over the country.

County Sligo Swimming Club

Co Sligo Swimming Club has a large membership and caters for swimmers from participation through to performance level. A key achievement in 2017 to date was the winning of the 2017 South West Minor League Swimming Cup. In addition the club won three overall team plaques for the highest accumulated points for swimmers in the aged 9 and under, 10 years, & 12 years age groups in the league. To achieve this result, individual Sligo swimmers performed consistently well over the five galas which took place over five months. The league involved Marlins of Ballyshannon, Lakelanders of Enniskillen, Strule Dolphins of Omagh and East Cavan swim clubs. The Sligo team were delighted to bring home a selection of individual medals from the finals too, highlighting the strong up and coming talent in the club. The South West Minor League is a cross border swimming tournament which encourages young swimmers to develop their racing skills and gain gala experience.



DyNamo Gym Club upscale coaches in line with Gymnastic Ireland's National Development Plan

DyNamo Gym Club received support from SSRP to help implement the new Gymnastics Ireland Development Plan 2017-2020, where coaches invested a lot of time and effort in developing their capacity as a coaching team to deliver a quality programme and best prepare for Gymnastics Ireland's new event rules and regulations.



The club facilitated a coaching workshop to review the new national development plan and to develop a new club training programme to best prepare their competitive gymnasts. The club were delighted to have 29 gymnasts qualify to the National Acrobatic Gymnastic Championships, where they had amazing success in May this year at the National Indoor Arena, claiming 9 national titles and 2 overall awards which were the Highest NDP Artistry Score of the overall event as well as the highest NDP Execution Score of the overall event.



Club Development

A Milestone in the History of Sligo Rowing Club

22nd July 2017 will be a date that will go into the annals of Sligo Rowing Club's history as it was the date on which club member Glenn Patterson not only represented his country at the Home Internationals Regatta in 2 different boat categories, but who was also on the winners podium having been part of the team who won the Open Men's Coxless Quad holding off stiff opposition from England, Wales and Scotland.



Glenn joined the club as a school boy and great credit is due to himself for his dedication and also all his coaches and mentors at Sligo Rowing Club who have nurtured and supported his development along the way.



Sligo Rowing Club hosted its own 800 metre 3 lane Sprint Regatta in Doorly Park on Saturday 29th July where clubs from across the country competed.



Club Development support through Special Project Grant Scheme 2017

In Spring 2017, SSRP facilitated a 'Special Project Participation Grant Scheme' with a focus on projects which increase participation in sport and physical activity in County Sligo. The scheme involved an allocation of **€15,000** to sports clubs and organisations for club development initiatives and targeted events. 22 projects were funded in the areas of developing water sports, sport in disadvantaged areas, club development, Sport for people with a disability and targeted summer camp initiatives.



A summary of the clubs and organisations funded are as follows:

Ballinacarrow Boxing Club	Sligo Ladies GFA
Shuttle Stars Badminton Club	Dynamo Gymnastics Club
Carrowmore Archers	Sligo City Table Tennis Club
Skreen Red Hawks Basketball Club	Corran Athletics Club
Sligo City GAA Board	Easkey GAA (Rounders)
Yeats Country Hockey Club	Sligo Rowing Club
Castle Dargan Golf Club	Bunninadden GAA/ Ballinalack Community
St Marys GAA	Sligo Special Olympics Basketball Club
County Sligo Swimming Club	The Avalon Centre
Bunninadden Table Tennis Club	Ballygawley FC
St Farnans Ladies GAA Club	St Nathys Ladies GAA Club

Club Development

Launch of Sligo Lawn Bowls Club a Great Success!



The launch of Sligo Lawn Bowls Club took place on Saturday 15th July at Cleveragh Regional Park, celebrated by club members, representatives from Sligo Sport and Recreation Partnership (SSRP), Cranmore Regeneration Project, Sligo Parks Department and Bowling League of Ireland. Over 60 people came along and enjoyed an introduction and demonstration with SSRP coach and representatives from the Bowling League of Ireland.

The club is currently facilitating an Adult Summer Programme, with sessions taking place on Saturday from 10.30-12.00 noon, Tuesdays from 7-9pm and Thursdays from 7-9pm. Introduction to the game and Lawn Bowls equipment will be provided for new players, with the only requirement being to wear flat soled shoes. A fee of €2 per session applies.

This club development project is part of Sligo Sport and Recreation Partnership's Sligo East City Community Sports Hub Initiative, supported by Sport Ireland, Dormant Accounts and Cranmore Regeneration Project.






with Sligo Lawn Bowls Club

NEW SUMMER PROGRAMME

Saturdays 10.30am-12noon
 Tuesdays 7.00-9.00pm
 Thursdays 7.00-9.00pm

Where - Sligo Lawn Bowls Facility
 Cleveragh Regional Park

Join Sligo's First Lawn Bowls Club
 €25 Annual Club Membership

€2 a Session
 Equipment
 Provided










Sligo East Community Sports Hub

The Sligo East City Community Sports Hub represents a collective of progressive community organisations, sports clubs and agencies working together to increase participation in sport and recreation in the Sligo East City area. The project focuses on growing participation by offering a range of sporting activities, engagement with community group and sport clubs, encouraging community leadership and bringing stakeholders together to plan and deliver sport in Sligo East City area. This project is funded by Sport Ireland, Dormant Accounts and Cranmore Regeneration Project. Below are some of the key highlights of projects delivered in Sligo East City area.

Great turn out for Community Soccer

Cranmore Co-operative Society, Abbeyquarter Community Centre and the Resource House Project joined forces with support from Sligo Sport and Recreation Partnership to develop a new community based Soccer programme, which kicked off in May with huge numbers, involving over 60 young children from the area.



Multi Sport Activities

The Cranmore Co-operative Society delivered fun Multi Sport camps over Easter and Summer break which offered young people in the community a chance to try out a range of activities including Hiking, Archery, Swimming and Cycling supported by Sligo Sport and Recreation Partnership.



Cranmore Active Age Get Moving

The Abbeyquarter Community Centre and the Cranmore Active Age have run a successful weekly Zumba class supported by SSRP. Zumba has proven to be a very popular choice of activity by all involved, who say it is fun, a great start to the their day by lifting their mood, getting active and putting a smile on their faces. This programme is part of the Age Friendly Cranmore Initiative.



Sligo East Community Sports Hub

Sligo City Boxing Club's enjoys Success at National Level

One of the fights of the year took place at the National Stadium in May at The National U18 Championships middleweight final which saw Sligo City Boxing Club's **Jordan Myers** go up against Tommy Hyde of Setanta, Cork. Myers was awarded the win on the narrowest of 3:2 split decision scorecards. Myers spoke to Irish-Boxing.com afterwards and described how *"I thought I won the first, the second was close enough, and I had to dig deep then in the third, so I just pushed myself to the limit."* The Sligo teen was certainly pushed to his absolute limit, and was delighted to get the win over a top-quality opponent.



Sligo City Boxing Club Coach Thomas Myers noted *"this is a great achievement for us, and we would like to thank Sligo Sport and Recreation Partnership for all their support as without them, we wouldn't be here. We would also like to thank the Abbeyquarter Community Centre and the Cranmore Co-operative Society for their continued support, to neighbouring clubs for all the sparring and training sessions, and to everyone in Town who have shown their support and to those who have sponsored Jordan over the last couple of years"*.

Sligo City Boxing Club runs a youth programme at the Abbeyquarter Community Centre with support from Sligo Sport and Recreation Partnership every Tuesday and Friday 6-7pm. New members always welcome.

St. John's GAA Academy U6 Nursery Programme

St. John's GAA Academy with support from SSRP hosted an 8 week programme during May and June for children under 6 years with 64 youth involved. Guest inter county players from Sligo and Mayo visited their last session, gave great advice and demonstrations, and presented each player with a medal. Well done to the many volunteers from St. John's GAA Club for delivering another great programme.



Sligo Rugby Club Outreach Programme

Sligo Sport and Recreation Partnership and Sligo Rugby Club have once again linked up to deliver an outreach programme at Cleveragh Park offering youth in the Sligo East City area an opportunity to play Rugby and develop a strong club-community link. This 5 week programme is for 7-12 year olds & will commence on Thursday 3rd August to Thursday 31st August from 6.30-7.30pm. Application forms are available to download from www.sligosportandrecreation.ie or can be picked up from the Cranmore Co-operative Society.



Well done to all who part in Bike Week 2017

Great to see staff from the Abbeyquarter Community Centre, Cranmore Resource House, Cranmore Regeneration Office and the Cranmore Co-operative Society get on their bikes and join in the Lunch time Cycle as part of Bike Week 2017.

Sligo East Community Sports Hub

Sligo East City Walking Group going from strength to strength ...

Sligo East City Walking Group is going from strength to strength with 20 members walking weekly along various routes in the Sligo East City area. The group meet every Thursday at 10.15am at the Riverside Hotel lobby, where they enjoy getting out, getting active and meeting new people along a leisurely walk, and always ensure to enjoy a social cuppa and chat afterwards at the Hotel.

The group also enjoy scheduling sessions where they try out other park facilities and meet other groups in the area, including Outdoor Gym Sessions at Doorly Park, refreshment stop at Abbeyquarter Men's Group and an introduction to Lawn Bowls with Sligo Lawn Bowl Club members.



**New members are always welcome to come along and join in.
The group meets every Thursday at 10.15am at the Riverside Hotel.**



Sligo East City Community Walking Group

Summer Walking Series

All walks start at 10.30am sharp from the Riverside Hotel Reception area.

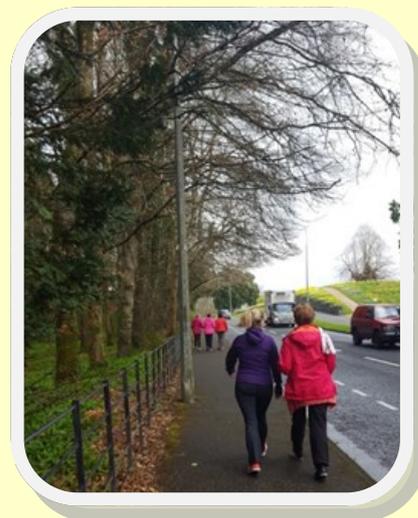
NEW Members must register at 10.15am.

Date	Route	Leader
29 th June	Abbeyquarter	Patricia Cryan
6 th July	Outdoor Gym	Goretti Walsh
13 th July	Doorly Park	Maura Cunningham
20 th July	IT Route	Myra Plunkett
27 th July	Doorly Park	Imelda
3 rd August	Race Course	Patricia Cryan
10 th August	Cleveragh Park	Mary Wilson
17 th August	5 Bridges route	Goretti Walsh
24 th August	Cemetery Walk	Maura Cunningham
31 st August	Abbeyquarter	Myra Plunkett
7 th September	Town Walk	Joe McDonagh

New Members Always Welcome to come along and enjoy a social leisurely Walk.

The group enjoy Tea, Coffee & scones after the walk at the Riverside for €2 per person.

Check out their Schedule opposite for details of walks over taking place from June to September 2017 ...



**For more information on Sligo East City Community Sports Hub Initiative contact
Community Sport Development Officer Diane Middleton Cox
on 0719161511 or email diane@sligosportandrecreation.ie.**

Community Sport

Sport for All at Bunninadden Community Centre

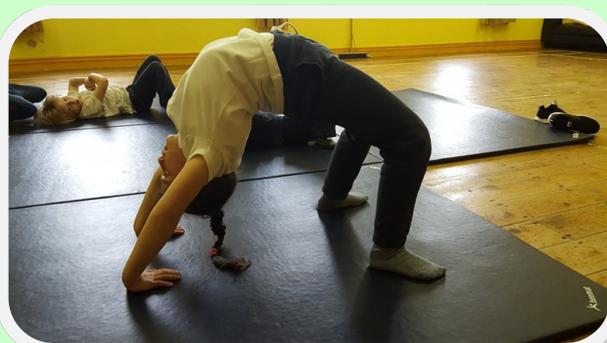
Sligo Sport and Recreation Partnership provides support to Bunninadden Community Centre to run an Active Centre programme. The centre has lots of activities for all in the community including Circuit Training, Basketball, Indoor Bowling, Table Tennis and Yoga. In addition to this, the Centre are currently aiming to attract more older adults, and ran a successful Come and Try day in May involving 33 older adults where Sligo Sport and Recreation Partnership provided taster sessions of Kurling and Boccia, the Indoor Bowling Club offered people a chance to try out the sport, as well as Sligo Leader who provided a lunch for all participants. Based on the interest from the participants on the day, Sligo Sport and Recreation Partnership delivered a 6 week Kurling programme at the centre.



Soeey youths enjoy 'GymFUN'

In March 2017, Sligo Sport and Recreation Partnership (SSRP) piloted a new community GymFUN programme with Soeey National School Parent's Association.

The programme aims to provide a quality accessible fundamental gymnastics program in a community setting and increase opportunities for young people to participate in gymnastics. Children enjoyed fun warm ups, key fundamental gymnastics skills including rolling, jumping, landing, balancing, movement and sequencing, as well as additional activities such as acrobatic group balancing. In advance of the programme, youth in the area enjoyed SSRP's extra curricular Youth Sport West Gymnastics programme with Soeey National School, and based on the high level of interest in the Sport, a community based programme was developed. The local parent's association have put a lot of effort into co-ordinating the programme locally and are currently planning to restart the programme in September .



Active Schools

Youth Sport West creating opportunities for fun sports participation



The 2016/2017 school year was a busy one for Youth Sport West with over 100 extra-curricular sport and physical activity programmes delivered in a variety of sports and activities. Multi sport sessions were very popular. This offers a variety of fun sports activities, each week concentrating on different activities to help develop fundamental movements and basic motor skills, spatial awareness, co-ordination, balance, throwing, catching and manipulative skills for ball games.

Another new and exciting activity that appeared this year was Archery, with specialised bows and arrows that are safe for use with children and indoors allowing this activity to take place in a school in classroom or out in the yard. Archery is an Olympic sport and helps to develop balance, stability, hand eye co-ordination and improves posture. It is also a great sport to develop a children focus and self-discipline.

Children who have tried the sport of Archery in school have an opportunity to continue, as Carrowmore Archery Club is located at Temple House, Ballymote. They say Archery is all about technique not strength, so all members of the family can participate on an equal footing. If you are a parent, Archery offers you the chance to enjoy a sport with your family rather than just acting as a taxi service to other events! They run regular "Have a Go" sessions at the club. To find out more information about the club visit their blog site <https://carrowmorearchery.wordpress.com> or Facebook at www.facebook.com/CarrowmoreArchers.



National Active Schools Week



Well done to all the schools who hosted an Active School Week last term. The Department of Education and Skills and Healthy Ireland encourage ALL schools to organise an Active School Week (ASW) as part of their annual school calendar. The ASW initiative is about providing FUN and INCLUSIVE physical activity opportunities for ALL members of the school community. It allows schools to reinforce the message that not only is physical activity good for you but it also very enjoyable. Youth Sport West assisted three schools in running some of their activities during the week. Carbury N.S. held Dance and Multi

Sport taster sessions for their pupils, Kilmactranny N.S. held Archery taster sessions and Kilrusheigher N.S. introduced their pupils to Boxercise, Dance and Multi Sport.

Kilmactranny NS host Ag Súgradh le Chéile workshop as part of Active Schools Week

Kilmactranny N.S. held an Ag Súgradh le Chéile workshop during their Active School week. The workshop is for parents/carers and children and encourages active play between them through fun games and activities. Adults learn a number of games and activities they can play with their children at home. Ag Súgradh le Chéile is a free workshop available to schools and can be a lovely way for teachers to get to know the parents of new infant pupils to the school at the start of the school year or a fun activity to include in the Active School week programme of activities. In the 2016/2017 school year 21 workshops of Ag Súgradh le Chéile were held by schools in County Sligo.

Kilmactranny N.S. will be hosting the workshop again in the future as they found "the children thoroughly enjoyed the variety of activities presented so clearly and demonstrated by the tutor Kate."



Active Schools

Girls celebrate getting active at Activity Festival



Over 160 young women from across county Sligo celebrated getting active at the annual Girls Active Activity Festival on 2nd March. The Festival offered girls an opportunity to try a variety of activities including, Yoga, Zumba, Badminton, Tennis, Circuits, Gym, Spinning, Boxercise and Martial Arts. The festival is the culmination of a year's involvement for the girls participating in the Girls Active programme in their school. Girls Active aims to increase the number of teenage girls involved in



long-term regular physical activity through the provision of non-competitive extra-curricular activities and developing more supportive environments in schools. The programme takes the emphasis off competition in sport, which can sometimes be off putting for girls, and places a greater emphasis on the social and health benefits of being physically active.

A lot of the success of the programme comes down to the Girls Active Co-ordinating teacher based in each school. They volunteer their time to organise programmes and encourage the girls to participate each week. Girls Active is in its fifteenth year in Sligo and each year offers over 300 girls an opportunity to participate in fun social extra-curricular physical activity programmes throughout the school year and has received a lot of positive feedback from participants.

"I liked it because I got to try a lot of sports which I have never tried. I liked that you didn't need to be good at sport."

The event organisers would like to thank Eimear Donlon of IT Sligo and her third year Health Science students for their assistance at the Girls Active Activity Festival. They volunteer each year to help deliver activities and to be group leaders, making the day an enjoyable experience for all those attending.



Corran College get involved in Bike for Life



Corran College ran an after school-cycling programme with Youth Sport West through the Cycling Ireland Bike for Life programme in the build up to the Sport Ireland Yeats Tour of Sligo during March and April. Every Monday at 4pm the students would head out on the road under the guidance of North West Adventure Tours for a 1hour 30min spin where they learned to improve their bike handling skills and knowledge on how to cycle in a

group on the road. This is the second year the school have run the programme with great success.



Active Schools

Schools Triathlon continue to grow in popularity



The development of Junior Triathlon is going strong across County Sligo with two large school events taking place in May. The first was the West Sligo Primary School Triathlon, which took place on 9th May. Over 120 excited children aged between 8 and 12 years arrived to Waterpoint Leisure Centre in Enniscrone around 10am, once they signed in and received their numbers they headed to nearby Castlefield the location for both the run route and bike course. Here they racked their bikes in transition and took a look at the extended run and cycle course from last year, a change that went down positively with the young participants. This event could not have happened without the support of the local Liquid Motion Triathlon Club and TY

Students from Jesus and Mary Secondary School who helped set up and marshal at this event. Luck was on the organisers' side as the weather was a fabulous sunny day, which made it a great spectator sport for all the parents and supports that turned up to cheer on the participants.

The same weather stayed for the second event of the week on 12th May, the 2017 Secondary Schools Triathlon, now in its 3rd year. Taking place in Sligo Town, using the fantastic facilities of Sligo Sports Complex and Cleveragh Regional Park, allowed the 90 participants to take part in this event safely away from busy roads and traffic. This year's event saw the introduction of a competitive timed wave and nearly 40 teenagers selected this wave with an even split of male and female participants.

These events organised in partnership between Triathlon Ireland, Sligo Sport and Recreation Partnership and local triathlon clubs are offering juniors aged 8 to 18 years an opportunity to give the sport a go in a fun non-competitive environment.



Programmes available to schools:



Youth Sport West - Youth Sport West is available all year round to Primary and Secondary Schools in County Sligo. It offers 6 week programmes of extra curricular sports and physical activities delivered by qualified coaches from the Youth Sport West Database.



Girls Active – Available to Secondary Schools in county Sligo. The programme offers schools the opportunity to provide extra curricular non competitive recreational physical activities for girls only participation.



Ag Súgradh le Chéile – Available to Primary Schools in County Sligo. The Programme offers primary schools a free play workshop for parents/carers and their children (infants- 2nd class).

Sport for People with a Disability

The Sports Inclusion Disability Project (SIDO) in Sligo continues to support participation opportunities for people with disabilities in Sligo through the provision of quality initiatives, engaging with the existing disability organisations, sports clubs, physical activity providers and the wider community. The many partnerships and networks established over the past number of years to support the development of sustainable participation for people with disabilities in sport, fitness and physical activity have been strengthened through ongoing collaboration. The area of Disability Awareness and Inclusion through Sport remains a key focus for the programme and the SIDO continues to facilitate training, education and awareness-raising opportunities to local volunteers, coaches, parents and students. For further information contact the Sport Inclusion Disability Officer at SSRP on 071 9161511 or email shane@sligosportandrecreation.ie.

Sports Ability Day A Resounding Success

2017 saw SSRP in partnership with the Irish Wheelchair Association (IWA), the HSE Physical & Sensory Department and Leitrim Local Sports Partnership hold a Sports Ability Day at the Knocknarea Arena, IT Sligo. The purpose of the Sports Ability event was to give people with a physical and sensory disabilities the opportunity to try out a range of different sports and active recreational activities and to establish which activities they enjoy and might like to pursue in the future. The sports selected represented local activities which were already ongoing and available in the county or region, enabling people who were interested to be linked with activities which they enjoyed. These included Archery, Wheelchair Basketball, Wheelchair Hurling, Table Tennis/Table Top Games, Boccia and for the first time in Sligo Visually Impaired Tennis. Local sports coaches and instructors were supporter to deliver the various sports sessions and Rena McCarron Rooney, the Irish Paralympic Table tennis player was also on hand to offer tips and advice, ably supported by Sligo City Table Tennis club. Seven young people and over 25 adults attended over the course of the day and the SSRP SIDO continues to link with the IWA and the HSE to support opportunities for people with physical and sensory disabilities to be physically active on a regular basis.



New to Sligo...Visually impaired Tennis

A new initiative, Visually Impaired Tennis was developed by SSRP in conjunction with Allwin Tennis and Enjoy Tennis Ireland following its success at the Sports Ability Day. Blind Tennis is played on a realigned Tennis court with special Tennis balls that emit sound. Raised tactile lines are used as navigational markers to assist the visually impaired athletes to recognise their position on the court. Players use their heightened sense of hearing and develop their spatial awareness to track and hit the Blind Tennis balls. Connacht Regional Development Officer and Sligo Blind/VI coach Olwyn O'Toole said *"the aim of the classes is first and foremost to give access to a sport that these athletes did not believe they would ever play again. So far the standard of play has been remarkable and we are already aiming to have some Sligo players challenging for places on the Irish team in 2018 The feedback from the players themselves has been phenomenal, and frankly for me heartwarming, and we are really looking forward to getting more coaches on board, and to grow the number of venues around Connacht"*. One of the Sligo players Jackie McBrearty says *'I have always loved tennis, as a kid I would have played it, like every kid during Wimbledon the tennis racket would have been bought and tennis was played out the front of the houses. When I lost my sight I still loved the sport but playing it again was only a dream. To have a tennis racket back in my hand and to serve a ball over a net is such an amazing feeling.'*



Sport for People with a Disability

Adult and Children Games For All

The adult and children's Saturday Games for All programme continues to attract people of all abilities every week. The programme has been running consistently since the establishment of the Sports Inclusion Disability Project over eight years ago and remains one of the most popular and well attended on the SIDO calendar. The 'Games For All' programme involved a series of warm-up activities, skills sessions and fun games designed to get the participants active in a safe and fun environment.

Each of the sessions are delivered by experienced coaches keep the interest and safety of the participants at the centre of the various activities. Key



volunteers also help with supervision and support where required ensuring that activities ran smoothly and all participants were fully involved. All of the activities, sessions and games were selected because of their inclusive nature and each of the participants commented that they thoroughly enjoyed the programme. The 'Games For All' approach provides the adults involved with the opportunity to develop the key fundamentals of movement (agility, balance, co-ordination) and also the core fundamental skills in sport including (throwing and catching, striking and kicking,). Developing these skills is important as it places the focus on the participants overall sporting and physical development rather than on a specific sport, with the emphasis on fun, enjoyment and social interaction.



62 Children benefit from Inclusive Indoor Athletics Initiative

Anyone who believes in the power of sport had the chance to experience it first hand at the Sligo Sport and Recreation Partnership (SSRP) Inclusive Indoor Athletics Festival. The sport of Athletics under the guidance of quality coaches has the ability to positively engage participants of all ability levels and to develop athletes that have many different needs. Through SSRPs Inclusive Indoor Athletics programme five local schools (St. Josephs, St. Cecilia's, Ransboro NS, Mercy Primary and St. Brendan's NS) were introduced to ten weeks of Athletics coaching under the guidance of local coaches. The children involved in the programme participated in a variety of running, jumping and throwing activities designed to develop their overall athletic ability. Coaching sessions were developed with each individual athlete's needs and abilities taken into account. The coaches discovered, through regular practice with the children, the best coaching techniques to use, experimenting with

adapted equipment and coaching styles to achieve optimum participation with the young athletes involved. The various activities which included sprint, jigsaw and obstacle relays, javelin, target and ball throws and speed bounce and long jump were practiced and worked on over the duration of the programme with the athletes involved experiencing significant improvements in their agility, balance and co-ordination. The programme also had a positive impact on participants relationships with each other, their teachers and the coaches involved. This impact was highlighted by one of the teachers from the Mercy Primary school who have been involved in the programme for a number of years now. He commented that the programme teaches the pupils *"to appreciate other children and encourage their friends and peers to do well and to congratulate which can be difficult for some children"*.



- ◇ 5 Sligo Primary Schools Involved
- ◇ 62 children with a Disability
- ◇ 5 Qualified Athletics Coaches
- ◇ 7 Volunteers



Outdoor Recreation

Bike Week 2017 got the County Pedalling



Bike Week 2017 got hundreds of people in County Sligo of all ages and fitness levels on their bikes through a host of events which took place between the 10th and 18th June. Bike Week is a celebration and promotion of all that's great about bikes and cycling, and aims to get people to fall back in love with something they may not have tried since a child. Sligo has achieved that with very positive feedback from the events throughout the week. One participant who joined the **Lunch Time Cycle** really enjoyed the experience saying *"Personally, I haven't cycled for 20 years and it's given me back the bug to get back on the bike"*.

One event that proved it is never too late to learn something new was the **Adult Learn to Cycle Lessons** that took place for one hour every day during Bike Week. Men and Women from their 20's to their 60's took part and learned to cycle along the quality cycle trail facilities of Doorly Park safely away from traffic.



Easkey was the location for a **West Sligo Coastal Cycle** where cyclists enjoyed some stunning scenery along the Wild Atlantic Way. Another very successful event was the **Adult Mountain Biking Come and Try**, which was filled to capacity, showing the growing interest in this sport in Sligo. A group made up of mostly men in their late 30's and 40's took to Union Wood under the guidance of Northwest Adventure Tours with assistance from the North West Mountain Bike Club; and there has been great interest from participants to joining the club following the event. Among the local cycling clubs who facilitated events for Bike Week were Innisfree Wheelers, Eire Og and Ox Mountains Cycling Clubs. Bike Week is a national event co-ordinated locally by Sligo County Council and Sligo Sport & Recreation Partnership with support from many local cycling clubs & community organisations. The success of the week highlighted the fantastic facilities Sligo has on offer for cycling from Cycle Trails to Parks and Woods.



All Age Groups are 'Biking for Life'

There was great interest in Bike for Life programme with 36 participants taking on the challenge to get off the sofa and onto the saddle. The six-week programme ran every Wednesday evening for 1hour 30mins from 6pm and had 3 levels available each night with an experienced coach to guide and coach each group. The levels went from beginner, improver and experienced and covered areas from learning to use the brakes, how to negotiate junctions and for the more advanced gearing and building up their distance.



It was not only the adults who got back out on their bike as a number of Sprocket Rocket programmes were run for children aged 7 to 12 years. Three Sprocket Rocket courses took place around County Sligo with over 50 children taking part. One camp took place in Tubbercurry and one in West Sligo over the Easter Holiday and a 6-week programme took place in Cleveragh part along the bike trails there every Wednesday at 4.30pm during March and April. This programme works on improves children pedalling, cornering, balance and breaking skills.

Bike Buffet...A highlight of Bike Week

A novel event that returned for 2017 was the **Bike Buffet** organised by Sligo Cycles with assistance from SSRP and Innisfree Wheelers Cycling Club. This attracted nearly 80 cyclists who had a most enjoyable evening, starting at Cleveragh Park, cycling through Sligo town and onwards towards Rosses Point and returning to Riverside. A highlight was stopping off at various 3 hotels along the route for a starter, main course and dessert.



Outdoor Recreation

National Recreation Week 2017



Sligo Sport and Recreation Partnership with support from Sligo County Council supported National Recreation Week in July. SSRP facilitated an opportunity for a number of youth groups in Sligo to take part in Yoga, Stand Up Paddle Boarding, Outdoor Gym and Surfing. Groups involved in the project included Foroige, Big Brother Big Sister Project, Sligo Comhairle na nÓg and HSE Connections Group. Over 30 young people took part in the programme.



Couch to 5K ...A fun and supported way to your first 5K



Sligo Sport and Recreation Partnership support a number of community groups to run an 8 week Couch to 5K programme to encourage and support people that are new or beginners to jogging or running and is

also open to those that are currently walking but perhaps would like to build up to jogging/running. Most recent programmes include Skreen Dromard Community Centre Couch to 5K involving 10 participants and Sligo Couch to 5K based at Cleveragh Park involving 12 participants, who all completed their 5k challenge.

A participant from the Sligo Couch to5K programme noted ...
'A friend persuaded me to start this programme and I was a little nervous to start but I have now completed my first 5km, and I am absolutely delighted with myself. I couldn't have asked for a better trainer, great encouragement'



Summer Green Gym Programme

A Summer Green Gym programme is currently being supported every Thursday at Doorly Park by Sligo Sport and Recreation Partnership, where a SSRP instructor leads a fun outdoor adult exercise programme for all abilities and teaches participants how to use the equipment safely.

Adults can go along and enjoy an adult outdoor workout from 10am-11am followed by an Inclusive Session to include people with a disability from 11am-12noon for €2 per session. New members always welcome.



For further information email diane@sligosportandrecreation.ie or call 071 9161511.



Outdoor Recreation

Want to start a Walking Group in your Community ?

Setting up a walking group will keep you motivated, help you meet new people, and gives you a way to bring your community together. Sligo Sport and Recreation Partnership can provide information, support and a facilitated programme to get a group started. North Sligo Community Walking Group, Tubbercurry Want2Walk and Sligo East City Community Walking Groups are all successful walking groups who received support originally from SSRP to set up a community walking group.

If your community group is interested in setting up a community walking group, please contact SSRP on 0719161511, or if you would like to join an existing Community Walking Group check out the summer programme below for North Sligo and Sligo East City Community Walking Groups.



SLIGO EAST CITY COMMUNITY WALKING GROUP
 Enjoy a leisurely Walk every Thursday
 Meeting Point: Riverside Hotel Lobby at 10.15am. Walk commences at 10.30am sharp.
 Members meet back at the Riverside Hotel for a cuppa & a chat at 11.30am for €2 per person.



North Sligo Community Walking Group NEXT SCHEDULED WALKS

All walks start at **10.30 am sharp**
 These walks are organised in conjunction with
 Sligo Sport and Recreation Partnership and The Benwisikin Centre

Date	Walk Location	Meeting Place	Leader and Assistant
26/7/17	Barnaribbon	Cark park	Marie Mullen - 087 6340263 Alice McHugh
2/8/17	Lislarry	McLean's Pub	Helen McLean - 086 0641562 Josephine O'Connor
9/8/17	Tullaghan	Car park at the Church	Anne O'Connell - 087 6785891 Michael McCormick
16/8/17	Cashelgarron Loop	Car park	Kathleen Neary - Tel: 087 6111269 Marie Mullen
23/8/17	Union Wood	Turn left and left again at Collooney roundabout	Eva Giblin Mary Jordan - 086 3485567
30/8/17	Strandhill	Strandhill car park	Imelda McHugh - Tel: 087 9747244 Carita Horan
6/9/17	Coney Island	Car park - car pool to go down to the Island	Evelyn McDonnell - 071 9150366 Mary Banks
13/9/17	Roughey, Bundoran	Car park opposite Allingham Hotel	Mary McNulty - 086 3553549 Margaret Richardson
20/9/17	The Burrow	Maugherow Church	Renee O'Sullivan - Tel: 087 9050666 Sheila Clancy
27/9/17	Mullaghmore	Car park opposite the Beach Hotel	James Gilmartin - 087 2275885 Frank Rooney
4/10/17	Renroe Loop	Grange car park	Kathleen Neary - Tel: 087 6111269 Marie Mullen
11/10/17	Dromahair Loop	River Bank Restaurant	Mary Banks - Tel: 086 8039065 Pauline Boland
18/10/17	Doorly Park	Park at playground	Dolores Rooney - 087 7789754 Noel Rooney
25/10/17	Rathcormack	Park at Church	P.J. Watters - 087 6109007 Pauline Boland
1/11/17	Ballinrillick	Car park at The Benwisikin Centre	Sean Rooney - 086 3645056 Marie Mullen

For Further details, please call The Benwisikin Centre on 071 9176721
www.benwisikincentre.com

parkrun All Abilities Day



Sligo Sport and Recreation Partnership, HSE, Healthy Ireland, Special Olympics Connaught and Sligo parkrun joined together to organise and celebrate Sligo's first ever 'parkrun All Abilities Day' on July 8th 2017 at Doorly park.

This event was to encourage all individuals of varying abilities to come along and join the 5km walk/run/jog. It was great to see so many new faces and people of all abilities walking, running and jogging on the day in the glorious sunshine. We would like to thank all the volunteers who helped out on the day. Parkrun takes place every Saturday morning Doorly Park at 9.30am and all are welcome.



Why not check out the Sligo Walks website developed by Sligo County Council in conjunction with Sligo Leader Partnership Co. for lots of information on walking in Sligo including many suggested Coastal, Lakeside, Forest, urban & rural walks throughout the county.....
www.sligowalks.ie



Women in Sport

WOW...Women on Water

Sligo Yacht Club delivered a successful women's only Sailing Course in June aiming to encourage more women to try out the sport by giving them a positive experience of Sailing, developing their knowledge and skills of the sport and introducing them to the club. 16 places filled up quickly this year, and based on the demand, the club are now commencing a 'Sailing on Sundays' programme. 13 women from the programme have since joined the club. This project was supported by Sligo Sport and Recreation Partnership under the Women in Sport initiative.



Great Response to the SuperValu Fit 4 Life Women's 5K Series 2017

833 participant places were facilitated in early summer on the hugely popular Fit 4 Life Women's 5K Series, sponsored by SuperValu. The Series, organised by Sligo Sport and Recreation Partnership in conjunction with County Sligo Athletics Board was extended this year to run an additional sixth event with the inclusion of Calry AC for the first time.

The six events, each hosted by the six local Athletic clubs (Sligo AC, Calry AC, North Sligo AC, South Sligo AC, Tireragh AC and Corran AC) on Tuesday evenings throughout May and June. Sligo County Board also played a key role in supporting the development and delivery of the 2017 Series.

Calry AC initiated proceedings at their 5K route from Calry Community pitch to Hazelwood and back on Tuesday 16th May. Sligo AC using the Doorly Park route provided the location for the second event on in the Series followed by Grange in conjunction with North Sligo AC. The series then took a break for the first week in June to accommodate those participating in the National Women's mini marathon in Dublin on the June Bank Holiday Monday and resumed in Skreen/Dromard on Tuesday 13th June hosted by Tireragh AC. The penultimate event in the series saw Corran AC host their 5K in Ballymote and this 2017 Series concluded in Tubbercurry with South Sligo AC hosting the final event with awards/refreshments afterwards. The Series targets females of various fitness levels aged 16 and over and provides the opportunity to walk, jog or run the 5K distance at each event. Regardless of ability or current fitness levels, the series enables participants to monitor their progress.



Connacht Development Officer Appointed

SSRP were delighted to meet with Katelyn Quinn, who was recently appointed as Connacht Development Officer with the Ladies Gaelic Football Association (LGFA). SSRP looks forward to working in partnership with the Katelyn, the County Board and local clubs on joint up projects. Katelyn's contact details are as follows; Tel: 086-4133538
Email: gdo.connacht@lgfa.ie



Active Seniors

Seniors Sports Fest promoting Age Friendly Sligo

The annual Senior Sports Fest hosted by Sligo Sport and Recreation Partnership (SSRP) with support from the HSE took place on the 14th June at the Knocknarea Arena, IT Sligo and proved a great success with over 100 participants from Active Age Clubs and community organisations taking part. The activity started with some exercise to music followed by a leisurely walk. Participants got a chance to try a variety of sports including Boccia, Archery, Pilates and Go for Life Games. The highlight of the day was a Kurling competition which was keenly contested with Skreen Dromard Go For Life Group emerging as the winners for the second year in a row, while Ballymote/Bunninadden Community Bowling group were runners up. The event is part of an initiative to promote lifelong participation in sport and physical activity while also promoting Sligo as an Age Friendly County.



Gurteen Ladies Community Exercise Programme.

The Gurteen Ladies Group participate weekly in activities that promote their health and well being through physical activity. The programme is delivered by an SSRP exercise instructor and the programme is aimed at keeping all the participants active and engaged throughout. The weekly sessions have been very popular with up to 20 local ladies from the Gurteen community over 55 participating on a regular basis. The ladies group also attended the 2017 Seniors Festival at the IT Sligo organised by SSRP and they continue to be a great example of how local community based physical activity programmes can benefit participants in later life in terms of health and well being.



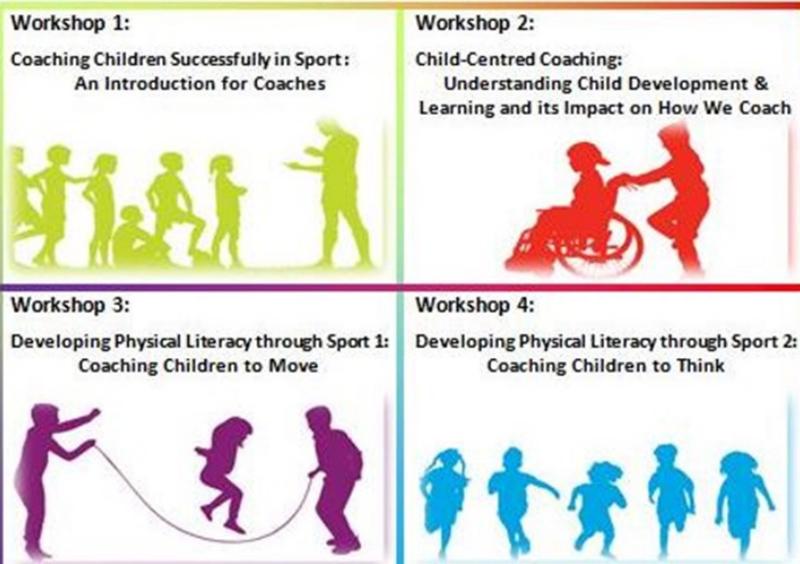
Education and Training

Coaching Children Workshop Series coming soon

All too often in the past, programmes offered to children in sport are scaled down versions of adult activity. Children are not mini Adults and their needs in sport are different to the needs of other populations. Children want different things from their sport participation and require different approaches given their different stages of development both physically and mentally. Therefore the coaches of children need to be equipped with specific knowledge, skills and competencies to fulfil the needs of children.

Coaching Ireland have developed 4 modules, specifically to provide candidates with a basic understanding of children's sport and physical activity and best ways to optimise children's enjoyment, participation and positive outcomes. The concepts of Physical Literacy and Holistic Development run throughout the series of workshops.

Coaching Ireland – Coaching Children Workshop Series



Sports Capital Programme 2017



Sligo Sport and Recreation Partnership in conjunction with Sligo County Council and Sligo Regional Sports Centre supported the Department of Transport, Tourism and Sport in hosting one of six regional workshops in Sligo on Monday 13th February last for clubs/groups planning on making an application to the Sports Capital programme 2017.

Over 200 sports clubs and organisations from across the region attended with the intention of seeking information and clarification on the programme.

Level 1 in Sport Leadership Awarded to 57 Students

Colaiste Iascaigh and St. Mary's Secondary School Ballisodare delivered the Level 1 Award in Sports Leadership to their TY students this year. In total 57 students took part in this award, delivered over 18 hours in the schools by a Sport Leader Tutor.

The Level 1 Award in Sports Leadership aims to provide basic skills and experiences in leadership that are taught in a sporting context in order to prepare learners to lead simple sports activity for small groups. The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner. Throughout the award students were required to develop lesson plans for fun activity sessions and lead these activities with their peers.

The final assessment required the young leaders to design, plan and lead an activity session for younger students in the school. The gains in confidence and leadership skills amongst the students were clear from the standard delivered in the assessment.



Education and Training

Games For All Workshops

As part of the links between SSRP and the Health Science Department at the Institute of Technology Sligo, the Sports Inclusion Disability Officer delivered a number of Games for All workshops with over 60 third year students on the Health Science and Physiology course.



The four workshops delivered explored general disability awareness with a focus on delivering physical activity sessions in both small group and one to one settings to adults with an Intellectual Disability.

The adult participants were targeted and recruited by the SSRP SIDO through partnerships built between SSRP and local adult ID services. Over 45 adults of all ability levels took part in three weeks of physical activity and Games designed to develop fundamental movement and motor skills.



Opportunity for Sports Coaches/ Instructors/ Co-ordinators with Sligo Sport and Recreation Partnership



Sligo Sport and Recreation Partnership facilitates a variety of sport and physical activity programmes across a diverse range of age groups throughout County Sligo. SSRP occasionally employs coaches/ instructors/ co-ordinators to deliver short term programmes as the need arises. Those employed are selected from an SSRP Database of suitably qualified and Garda Vetted personnel. Currently SSRP is updating the SSRP Database and anybody wishing to obtain further information on this opportunity can contact SSRP for further details at 071 9161511 or info@sligosportandrecreation.ie

Education and Training

Sligo Sport and Recreation Partnership Club Development Grant Aid



Sligo Sport and Recreation Partnership is committed to supporting a quality coaching workforce in County Sligo. The Partnership provides grant assistance to sports clubs/organisations within County Sligo for Club Training Initiatives to support their voluntary coaches and club administrators to develop their skills and knowledge. So far during 2017, the Partnership has supported coach education across a range of sports including Athletics, Mountain Biking, Cycling, Kickboxing, Sea Kayaking, Gaelic and Lawn Bowls.

For further information on the SSRP Education and Training Grant Aid Scheme contact the SSRP office at 07191 61511 or email info@sligosportandrecreation.ie

The Code of Ethics and Good Practice for Children's Sport



As always there is great demand amongst sport clubs and groups for training in Child Protection particularly Safeguarding 1 - Basic Awareness.

There are three stages in the Child Protection and Welfare training as outlined below:

Safeguarding 1 - Basic Awareness Workshop in Child Welfare & Protection

The Code of Ethics and Good Practice for Children's Sport Basic Awareness workshop is the certified Sport Ireland child protection training course delivered by Sligo Sport and Recreation Partnership. The Code is built upon a number of core principles relating to the importance of childhood, the needs of the child, integrity & fair play, relationships and safety in children's sport. The course is for the benefit of everyone involved in sport for young people including coaches, sports leaders, parents/guardians etc. This course aims to effectively educate participants on the implementation of best practice in protecting the welfare of children involved in sport. SSRP regularly runs this workshop and it is strongly advised that all those working with children in club settings undertake this training. Please keep an eye on the SSRP website for dates of upcoming courses. To date during 2017, SSRP delivered 11 Awareness workshops with 174 coaches and volunteers trained. Courses continue to be rolled out on an ongoing basis.

Safeguarding 2 - Club Children's Officer (CCO) Workshop – a must for all Club Children's Officers

The Club Children's Officer Workshop is the next stage in this module. Recommendations from Sport Irelands are that every club involved with children and young people should appoint a Children's Officer.

The Children's Officer should be child centred in focus and should have as their primary aim the establishment of a child centred ethos within the club. They are the link between the children and the adults in the club and also take responsibility for monitoring and reporting to the Club Management Committee on how club policy etc. impacts on children and their Sports Leaders. The Club Children's Officer course was revised in 2015 to 3 hours, and those wishing to undertake it must have completed the Basic Awareness course. So far this year SSRP held 2 Children's Officers courses with 30 participants.

Safeguarding 3 - Designated Liaison Person (DLP) Workshop

The third part of Sport Irelands Child Welfare & Protection Training Programme is the **Designated Liaison Person** workshop. SSRP hosted its first such workshop was held in March 2017 with 18 participants taking part. All those wishing to undertake Safeguarding 3 must have completed Safeguarding 1 and have undertake the DLP course within 6 months of taking up the role of DLP.

For more information or to enquire about upcoming training contact us as Tele: 07191 61511,

2017 SSRP CALENDAR OF EVENTS & TRAINING

DATE	EVENT/COURSE	TIME	VENUE/CONTACT
AUGUST			
Jul 31 st – 5 th Aug	Surf 4 All – Surf Camp for Young people with Autism	Daily sessions	Streedagh Beach, Grange Contact SSRP for details 07191 61511
Ongoing/ Wednesdays	Outdoor Gym	10-11am	Doorly Park Contact SSRP for details 07191 61511
Aug- Oct	Ladies Try a Tri initiative	Various	womentrisligo@gmail.com
SEPTEMBER			
Ongoing/Saturdays	Sligo parkrun	9.30am	Doorly Park, Riverside, Sligo
Various	Couch to 5K	Evenings	Town and County Locations Contact SSRP for details 07191 61511
19 th Sept	Go for Life Grants Application Workshop	2.30pm	Sligo Town Venue TBC
Date TBC	Child Protection Safeguarding 1 (Awareness) training	6.30-9.30pm	Sligo Education Centre Ballinode Contact SSRP for details 07191 61511
22 nd Sept	Super Valu Primary Schools Athletics Fest	10am – 2pm	IT Sligo Athletics Track Contact SSRP for details 07191 61511
23 rd –30 th Sept	European Week of Sport	NA	Nationwide Contact SSRP for details
Date TBC	East City Community Sports Hub	Various	Contact SSRP for details 07191 61511
Sept 30 th	Ladies Tour of Lough Gill	10am	Contact Innisfree Wheelers www.innisfreewheelers.com
OCTOBER			
October	Ladies Try-a-Tri Event	TBC	Sligo Regional Sports Centre womentrisligo@gmail.com
Date TBC	Primary Schools Triathlon	TBC	Cleveragh Park Sligo Contact SSRP for details 07191 61511
Oct TBC	Disability Inclusion Training	TBC	Contact SSRP for details 07191 61511
Oct 14 th	National Wheelchair Hurling Finals	10am – 4pm	Contact SSRP for details 07191 61511
Oct 24 th	National Wheelchair Rugby League	10am – 5pm	Contact SSRP for details 07191 61511
NOVEMBER			
Date TBC	Child Protection Safeguarding 1 (Awareness) training	6.30-9.30pm	Sligo Education Centre Ballinode Contact SSRP for details 07191 61511
Date TBC	Child Protection Safeguarding 2 (Children’s Officer) training	6.30-9.30pm	Sligo Education Centre Ballinode Contact SSRP for details 07191 61511
DECEMBER			
Date TBC	Child Protection Safeguarding 1 (Awareness) training	6.30-9.30pm	Sligo Education Centre Ballinode Contact SSRP for details 07191 61511
Date TBC	Child Protection Safeguarding 3 (Designated Liaison Person training)	6.30-9.30pm	Sligo Education Centre Ballinode Contact SSRP for details 07191 61511

Above is a snapshot of some of the events and training opportunities organised by Sligo Sport and Recreation Partnership to date for the coming months.

Please keep in contact with us via our **website** and **Facebook** page for more events, courses, and training opportunities arising over the coming months.

Web: www.sligosportandrecreation.ie

FB: ‘Sligo Sport and Recreation Partnership’

IS YOUR CLUB REGISTERED WITH US?

We have a 'Club Directory' featured on our website
www.sligosportandrecreation.ie

Please check that your club and its relevant contact details
are correctly included here.

For any changes/updates or new entries please email us at
info@sligosportandrecreation.ie



Follow us on Facebook for regular updates, upcoming events,
training opportunities, news and more...

'Sligo Sport and Recreation Partnership'

Don't forget to 'like us' on Facebook too!!



Sligo Sport and Recreation Partnership has relocated
offices from Riverside to Mayo Sligo Leitrim ETB, Quay
Street, Sligo.

Our new address is:

**Sligo Sport and Recreation Partnership, Mayo Sligo
Leitrim ETB, Quay Street, Sligo**

There is no change to our telephone contact
number, 071 9161511 and email address:
info@sligosportandrecreation.ie

Sligo Sport and Recreation Partnership

**MSL ETB Offices,
Quay Street, Sligo**

Tele: 07191 61511

**info@sligosportandrecreation.ie
www.sligosportandrecreation.ie**