

January 2017

The newsletter of
Sligo Sport and Recreation Partnership

In this Issue...	Page
Recent SSRP News	2
Sport Ireland Yeats Tour of Sligo 2016	3
Club Development	4/5
Sligo East City Community Sport	6/7
Community Sport	8/9
Active Schools	10/11
Sport for People with a Disability	12/13
Outdoor Recreation	14/15
Women in Sport	16
Active Seniors	17
Education and Training	18/19/20
Lawn Bowls Launch	21
Calendar of Events	22
Sports Ability Day	23
SSRP Contacts /Info.	24

Sports Capital Programme 2017

The application process for the 2017 Sports Capital Programme is currently open. Clubs/groups must be registered with OSCAR (the online application system) and have a Tax Reference number in order to make an application. The closing date for registering is Fri 10th Feb and the closing date for submitting applications is Fri 24th February. Clubs/groups planning on making an application have a great opportunity to get information and clarification on the programme as the Department of Transport, Tourism & Sport is hosting one of six regional workshops in Sligo on Monday 13th February from 7-9pm in the Sligo Regional Sports Centre, Cleveragh. Pre-registration for this is necessary and can be done at the link below (or see our website www.sligosportandrecreation.ie) <https://www.eventbrite.ie/e/2017-sports-capital-programme-workshop-sligo-tickets-31223757098>



Sport Ireland Yeats Tour of Sligo returns for 2017

For the ninth year Sligo will be part of a National Cycle Series and will welcome over 2,000 cyclists to the County on the May Bank Holiday weekend. The Sport Ireland Yeats Tour of Sligo 2017 is the first event in the cycle series. Cyclists of all cycling abilities will be catered for with events on Sun 30th April over 60k/ 100k/ 160k taking place while families and newcomers to cycling can participate in the 10k on Saturday 29th April while also enjoying a Family Fun Day. All events start from the Knocknarea Arena, Institute of Technology, Sligo. So why not get training and be part of a great cycling experience in the North West on the May Bank Holiday weekend 2017! **Check out www.tourofsligo.ie for more details.**

Sports Ability Day 2017

Sligo Sport and Recreation Partnership in association with Leitrim Sports Partnership, Sligo and Leitrim Irish Wheelchair Associations, Irish Wheelchair Association Sport and the Health Service Executive West are organising a Sports Ability Day for children & adults with physical disabilities. **The event takes place on Saturday the 11th February at the Knocknarea Arena IT Sligo from 10am to 12pm for children and 1pm to 3pm for adults.** Anyone interested in trying out sports on offer are welcome. See poster inside for more details.

Sligo Operation Transformation Walk attracts a large crowd

A crowd of over 200 enthusiastic walkers took part in the Sligo Operation Transformation Walk on Saturday 7th January last. Walkers of all ages and fitness levels turned up to step it out with many families in attendance. The



event got underway with an energetic warm up provided by Fitness 4 All. This was followed by a 4K walk along the scenic Doorly Park walking trail. The event was organised by Sligo Sport and Recreation Partnership with support from the Garda Síochána, Sligo Civil Defence,

local walking clubs and community volunteers.



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.

Our Partner Agencies are:



Some recent SSRP news...

Two Awards for Sligo at the CARA National Inclusion Awards

The good work taking place in physical activity and sport for people with disabilities in Sligo was acknowledged recently at the CARA National Inclusion Awards held in Dublin. The CARA National Inclusion Awards recognises organisations and people who contribute to enhancing participation opportunities for people with disabilities in Sport and Physical Activity. The purpose of the awards is to highlight and acknowledge best practice in relation to provision for people with disabilities in sport and physical activity.



Sligo Sport and Recreation Partnership received an award in the Local Sports Partnership category. This Award recognises excellence in provision for people with disabilities in Local Sports Partnerships whilst local outdoor provider Seventh Wave Surf School based in Enniscrone received an award in the adventure provider category which recognises excellence in provision for people with disabilities in Adventure Sports. Shane Hayes Sports Inclusion Disability Officer stated *"People with a disability have a range of opportunities to take part in sport in Sligo and*

this is made possible through the cooperation and support of agencies at local level including the disability services, Health Service Executive, statutory agencies, sports clubs and community organisations."

Youth Sport West Peace III Project selected as model of best practice by EU

The Centre for Strategy & Evaluation Services (CSES) conducted a Study for the European Commission on the **Contribution of Sport to Regional Development Under the Structural Funds**. They looked at the impacts on economic and social development of a range of projects with a distinctive sport or physical activity theme and published their report in July 2016.

- ◇ *It provides summary information on 229 sport and physical activity projects that have already been supported (mainly in the 2007-2013 period) by the structural Funds, with examples from all EU countries.*
- ◇ *It sets out 33 good practice cases, illustrating the effective use of the Structural Funds to achieve a range of differing objectives in regional and local economic and social development.*

The Youth Sport West project **'Developing a Shared Society through Youth Sport'** was selected as one of the models of best practice. This project secured funding through the PEACE III Programme, Priority 2: Contributing to a shared society - Key institutional capacities are developed for a shared society. It was a cross border project delivered between 2009 and 2012 in Sligo, Fermanagh and Tyrone. The project aimed to use the medium of youth sport to promote reconciliation through cross-community and cross-border interactions. The project delivered extra-curricular sports coaching, a comprehensive cross-border programme with training and education for young people, teachers and coaches in the targeted areas. Examples of Good Practice were selected from among the projects identified for further analysis by CSES research team. In selecting these projects care was taken to ensure that they really did outperform other examples in terms of a series of good practice criteria, which included clear alignment with Structural Fund objectives, cohesive and compelling orientation, sustainability and transferability, as well as effectiveness and efficiency. 'Developing a Shared Society through Youth Sport' was selected as *"it was a very successful project which evolved from a sports project to a comprehensive peace and reconciliation project using sport as the medium. It managed to involve an impressive number of youngsters from 30 schools in both North and South Ireland in cross-border and cross-community sports activities and events that addressed underlying negative attitudes and sectarian and religious divisions by promoting understanding and a shared identity. This was achieved through a unique project model which was specifically designed to promote interaction and teamwork activities."*



Sport Ireland Yeats Tour of Sligo 2017

For the ninth year Sligo will be part of a National Cycle Series and will welcome over 2,000 cyclists to the County on the May Bank Holiday weekend. The Sport Ireland Cycle Series (formerly sponsored by An Post) is a joint initiative involving Sport Ireland and 5 Local Sports Partnerships, which encourages people of all fitness levels to get physically active by getting on their bikes with a choice of 5 cycling tours across the country between May and September.



The Sport Ireland Yeats Tour of Sligo Cycle is the first event in the series and takes place over the May Bank Holiday weekend. Cyclists of all cycling experience will be catered for with events on Sunday 30th April over 60k/ 100k/ 160k taking place while families and newcomers to cycling can participate in the 10k on Saturday 29th April while also enjoying a Family Fun Day. All events start from the Knocknarea Arena, Institute of Technology, Sligo and cyclists en route are guaranteed good signage, friendly marshalling, mechanical back up and quality food and water stops. Over 2,200 people took part in the 2016 An Post Yeats Tour of Sligo with cyclists from all over Ireland converging on the town for the weekend. So why not get training and be part of a great cycling experience in the North West on the May Bank Holiday weekend 2017!

Check out www.tourofsligo.ie for more details and to register.



Sligo is European Volunteering Capital 2017

The designation of European Volunteering Capital 2017 was formally bestowed on Sligo at an event held in London's City Hall on December 5th last. The EVC 2017 designation is a major achievement for Sligo in that it follows the major European cities of Barcelona, Lisbon and London in being chosen to showcase volunteering and the positive impacts that it has on lives across Europe. Sligo Sport and Recreation Partnership looks forward to supporting & promoting volunteerism in sport throughout the year.



Club Development

A Focus on Junior Club Development

Through the Youth Sport West project SSRP works in partnership with a number of National Governing Bodies of Sport, development officers and local clubs to promote participation in sports through the school setting focussing primarily on 'come and try' opportunities, developing pathways into clubs and supporting clubs in the area of governance. The links established in 2016 focussed on the sports of Triathlon, Badminton and Hockey. SSRP attended meetings with club representatives at which junior club development was discussed and follow up actions agreed. SSRP undertook a club audit with the clubs with a view to enhancing governance structures. Arising from this clubs identified key priorities in the area of governance to be undertaken and agreed timeframe for the delivery of actions.

Triathlon

Sligo Sport and Recreation Partnership teamed up with Sligo Triathlon Club and Triathlon Ireland to promote the sport of Triathlon to juniors in the Sligo area. This involved running two events, a Try a Triathlon for primary schools and a Duathlon for secondary schools, along with some training days for juniors in the led up to these events. The events were organised by SSRP and the Triathlon Ireland Junior Development Officer for Connaught with assistance from Sligo Triathlon Club.

The Primary School Triathlon involved 371 children representing 22 Primary School from across Sligo participate in the event. It was hosted at the impressive public facilities of Sligo Regional Sports Complex pool and Cleveragh Regional Park on Friday the 21st of October. The event invited entries from 3rd to 6th class pupils and had a full schedule of 9 wave starts. Children completed a 25m or 50m swim depending on age group, 1.5km cycle and an 800m run to the finish line where each child received their event medal. The atmosphere was electric as nearly 300 spectators of parents, teachers and friends came along to support participants and cheer them on.



The Secondary School Duathlon saw 40 teenage students complete a 3km run, 6km cycle and 1.5km run to finish. The event took place on 2nd December again within the fantastic facilities of Cleveragh Park, this allowed for each aspect of the event to take place safely off public roads and the loop system allowed for participants to past the crowd of encouraging spectators numerous times. The development of both primary school and secondary school triathlon events is creating a pathway for children to continue their participation in the sport from primary to secondary school. It is anticipated that these events along with the secondary school Triathlon in May will become annual events on the school sporting calendar.



As a result of these events and the growing interest in the sport of Triathlon

the club junior section is at full capacity. For further information on Triathlon for juniors in Sligo, please contact Triathlon Ireland Junior RDO and Sligo Junior Triathlon Club coach, Ross McLynn on 0876763146 or email ross@triathlonireland.ie



Triathlon Ireland have developed an exciting school programme called Tri Heroes.

This programme helps schools and teachers introduce and deliver triathlon activities to pupils. Tri Heroes brings together the lifelong activities of swimming, cycling and running to

inspire, motivate and challenge children. The programme is fun, varied, challenging and suitable for all pupils whether as part of the curriculum or after school activity. If you would like to get more information about



Club Development

Hockey

Hockey involved Scoil Ursula and Strandhill N.S. taking part in a 6 week after school programme that concluded with a blitz day hosted by Yeats County Hockey club at the Ursuline Collage astro pitch. 8 teams of 6 players took part in a round robin format on the day with every team playing 4 matches. Club coaches and volunteers refereed games with a coaching ref technique to help the children learn more about the game. There was positive feedback from all the children who completed the programme. For more information on Yeats County Hockey Club contact Brenda McCallion on 0879620353, email yeatscountyhockey@gmail.com or check them out at <https://www.facebook.com/YeatsCountyHockeyClub/>.



Badminton



As part of the development of a new junior section the club facilitated 2 six week programmes of Badminton at the clubhouse for two primary schools in the local catchment area engaging 53 children. Also, SSRP facilitated introductory Badminton sessions at an additional school and followed on with a Badminton Fest at the club with 90 children attending. Children got to play a number of mini matches and the referees created a friendly atmosphere and provided lots of positive encouragement for all the children. In-between games children got to practice their badminton skills with fun drills and skills sessions. Arising from these programmes Sligo Badminton Club has evolved from having no junior membership to 22 juniors involved in weekly coaching at the club. This has resulted from a pathway of opportunity being created through school/ club links and a Badminton Fest all of which raised awareness of the club.

Sligo Sport and Recreation Partnership supports sports clubs for initiatives which support increased participation in sport. Below is a snapshot of some clubs supported in 2016.

Bunninadden Table Tennis Club

This vibrant club caters for both recreational and competitive Table Tennis players and has 30 members. Central to the success of the club is the quality of coaching provided and parental support. Club members meet every Thursday evening and players of all ability levels are catered for with training taking place at Bunninadden Community Centre where there are 12 table tennis tables in action. Recently, the club invested in a club robot for training purposes. In 2016 the club enjoyed much success with two members representing Ireland at international level. A highlight of the year was the hosting of the Connacht Table Tennis Ranking Tournament by the club in conjunction with the Irish Table Tennis Association at which there was a high attendance of young children, teenagers and adults.



Growing interest in the sport of Rowing

Sligo Rowing Club as it enters its 11th year continues to look forward and continues to grow. While part of the increase in popularity of the sport can be attributed to the success of the O Donovan brothers in the Olympics much is also due to the hard work and dedication of the club coaches and volunteers. As the 2017 rowing season commences the number of members are up on previous years. The influx of the new members coupled with some members leaving the club to go to college now brings the number of members at the club to an all time high of 55 members, the highest number of members the club has had to date. In 2016 the club had many fine performances at regattas around Ireland while they also catered for newcomers to the sport by facilitating a summer camp and a 'Come and Try' rowing event as part of the East City Community Sports Hub. A senior club coach remarked on the progression of rowers to positions in coaching "*Thankfully the club is in a good position to take advantage of the recent increased interest and to cater for the increased numbers who wish to try rowing owing to the number of existing members who have gone through the ranks of the club over the last ten years and who are now in a position to take up coaching / assistant coaching positions to help accommodate the increased interest* "



Sligo East Community Sports Hub

Minister Coveney Launches Cranmore Masterplan

Minister Simon Coveney visited Cranmore on Thursday 1st December to launch the Sligo East City, Cranmore and Environs Regeneration Masterplan. He was welcomed by the Cathaoirleach of Sligo County Council, Councillor Hubert Keaney, Chief Executive Ciarán Hayes and representatives of the Cranmore community. On his arrival Minister Coveney visited the exhibition stands showcasing various community activities including SSRP's Sligo East City Community Sports Hub project, which highlighted many of the sport and recreational programmes running in the area.



Representatives from Sligo Sport and Recreation Partnership, St. John's GAA Club and Sligo City Boxing Club were in attendance, as well as many of the Cranmore community organisations that SSRP link with to provide many sporting opportunities in the community.



Cathaoirleach Councillor Hubert Keaney formally presents the Sligo East City, Cranmore and Environs Regeneration Masterplan to Minister Coveney

In his address the Cathaoirleach Councillor Keaney said the Minister's visit was a special occasion for the people of this community, the wider Sligo public, and for Sligo County Council. The planning and delivery of the Cranmore Masterplan was a major undertaking based on extensive consultation and engagement with the local community. There are many ambitions set out in the Master-Plan, but the over-riding objective is to make the area an attractive and vibrant place to live, and to capitalise on emerging opportunities to ensure Cranmore is a location of choice in which to live, work and visit. While the launch marks a major milestone in the process, the work has been underway for some time, and the evidence is clear for all to see with sport and recreation playing a significant part in the social regeneration of the area.



Minister Coveney and Cathaoirleach Councillor Hubert Keaney 'Square up' with Sligo City Boxing Club members at the SSRP stand



St. John's GAA Club showcasing their great work at the launch of the Masterplan

Sligo East Community Sports Hub

St Johns GAA celebrates its 30th Anniversary

It is an exciting year ahead for St. John's GAA Club, as they celebrate their 30th Anniversary through 2017. The club have sustained a new girls training programme in 2017 after successfully running a pilot 'Gaelic 4 Girls' initiative last year, as well as a successful underage summer Nursery programme, with support from SSRP. The club is now preparing to run a 5 week indoor training programme for boys and girls to start from Saturday 11th Feb for only €5 per person ensuring Gaelic Football is accessible and affordable for all in the community.



Abbeyquarter Community Centre springs into Action in 2017



The Abbeyquarter Community Centre has become the hub of the community over the last couple of months, with support from SSRP to facilitate Sligo City Boxing Club to run a weekly programme for youth, to support the active age to run a Walking Wednesday programme and Chair Based Activities and more recently introduced the latest fitness craze for adults 'Piloxing'. Piloxing has proven to be very popular with two busy classes running weekly since September. The programme has attracted many women in the community, as it uniquely blends the power, speed and agility of Boxing, with exhilarating Dance moves and targeted sculpting and flexibility of Pilates. Join this fitness revolution loved by so many by contacting the Abbeyquarter Community Centre on 0719143420.

Youth Activities

A range of activities took place over the summer months co-ordinated by the Cranmore Co-operative Society supported by SSRP, which included their most successful camp to date, involving fun sessions of Swimming, Multi Sport and Archery involving 17 young people as well as Stand up Paddle Boarding for teenagers with 'Perfect Day Surfing' at Doorly Park.



SSRP was delighted to support parents from Garavogue Villas, linked with the Cranmore Co-operative Society to run a fun sports day at Garavogue Villas Green involving over 30 children from the area on the 11th August.

Community Cycling

The Cranmore Regeneration Office ran a summer lunch time cycle programme to encourage adults and staff in the community using the new Community Cycling Rental Initiative, with support from SSRP. Representatives from the Cranmore Co-operative Society, Community Gardai, Cranmore Resource House, Abbeyquarter Community Centre, Sligo Sport and Recreation Partnership and the Cranmore Regeneration Office all enjoyed a weekly spin over the month of July.



Community Sport

SSRP Multi Skills Sports Programme



The first programme of SSRP Multi-Skills Sports was delivered to 40 children in Bunninadden Community Centre and Cloonacool Community Centre over ten weeks from October to December. Feedback from both centres was very positive with parents expressing interest in a second term in 2017. SSRP Multi-Skills Sports programme comprises of ten multi skills sessions for children aged between 6 and 9 and the content is based on Coaching Ireland 'Coaching Young People' programme. The sessions are focused on developing the fundamentals of movement (agility, balance and co-ordination) and fundamental movement skills (running, jumping, throwing etc).

The aim of the programme is to develop the physical skills, confidence and motivation necessary for children to participate and remain in sport/physical activity throughout their lives. Sessions are delivered by SSRP coaches in a non-competitive, fun environment. The programme design ensures it is suitable for all ability levels. Many of the sports and physical activities that children are likely to become engaged in share the same basic skills (catching, kicking, running etc.). By helping children develop these skills, it is hoped that children will have the skills and confidence to continue to participate in physical activity as they become adults.

'Men on the Move' in Bunninadden and Gurteen

A Men on the Move programme was delivered from October to December 2016 by Bunninadden GAA club with support from SSRP. The programme was delivered to 22 men aged 30 and over from Bunninadden and the surrounding area. The initiative followed a very successful pilot programme which was delivered by Eastern Harps GAA club in Gurteen in Spring 2016. Men on the Move is a community based physical activity programme aimed at men over the age of 30 who are currently inactive. It consists of structured group exercise for 1 hour twice weekly for 8 weeks. Activity sessions are led by a qualified instructor and aim to meet the individual needs of participants with a focus on newcomers to physical activity. The core components of the group exercise are cardiovascular exercise and strength and conditioning training (walking/ jogging/ circuit training/ exercises/ stretching). Along with physical activity, there are also other health and well-being components incorporated in to the programme including workshops on diet and well-being. The men were put through a thorough health check and fitness test on the first night of the programme. These tests were then repeated on the final night of the programme. Significant improvements were recorded both in terms of weight loss and improved fitness levels. A second phase of the programme has already been delivered in Gurteen by Eastern Harps GAA Club and plans are in place for a follow up programme in Bunninadden in January 2017.



Getting Active with Operation Transformation

SSRP is encouraging communities to get active for 2017 with a number of Operation Transformation initiatives supported throughout the County.

Gurteen Operation Transformation

Close to 200 adults signed up to the Gurteen Operation Transformation programme which is being facilitated by Eastern Harps GAA Club. An extensive programme of physical activity is on offer for seven weeks including fitness classes in the local community hall, Bootcamp, weekly community walks and an opportunity to take part in Lough Key parkrun.

Sligo Operation Transformation

Also, new for 2017 is the Sligo Operation Transformation initiative supported by Calry St. Josephs Bord Na nÓg. The programme includes a walking group, meeting each Saturday at 11am at Doorly Park playground for a leisurely walk for a 5 week walk series. Other elements of the programme include cookery demonstrations, advice on exercise programmes, health check, diabetes screening and health and well being talks. In addition, SSRP are offering participants on the programme an opportunity to take part in a Couch to 5K programme.



Skreen /Dromard Community Centre Operation Transformation

30 people kick started their New Year resolutions to improve their health and fitness with Skreen Dromard Community Centre's Operation Transformation programme, supported by SSRP. The centre is offering a package exercise programme including Couch to 5K and Circuit Training sessions every Monday & Wednesday evening. Anne Marie Finnerty, Secretary of Skreen Dromard Community Centre noted "We are delighted to see so many people of all ages, getting out and getting active in a facility near to home. The couch to 5K is very popular and has attracted many new participants who are new to exercise". For further information or to get involved in the programme contact 087 664 9635.

Community Sport

Ballisodare Men's Shed Come and Try Day

Ballisodare Men's Shed hosted a 'Come and Try' day with support from SSRP on the 3rd September at their facility aiming to encourage their members to get active. 15 men enjoyed taster sessions led by SSRP instructors in Boules, Archery, Boccia and Kurling. The group now run an indoor Bowls programme, and developed a Boules lane outside their facility to encourage participants to play. Members of Ballisodare Men's Shed have also become active members of the Sligo Lawn Bowls programme at Cleveragh Park.



'Get Men Moving Try-a-Tri'



The third phase of the 'Get Men Moving Try-a-Tri' took place on December 4th which ran off in near perfect dry and calm conditions, all finishing with a smile to the cheers of family and loved ones. This initiative is co-ordinated by Sligo Triathlon Club with support from SSRP.

The age ranged from father and son participants to older men of 55 years of age with all pushing their own limits across the 3 disciplines over the 6 week course. For many, this is a big step into the unknown, often their first time in a swimming pool or any sort of structured training. There is always a great sense of achievement after the event but the hardest part for many is taking the first step to register and attending the first session.

This initiative is participation orientated and focused on safe, enjoyable but challenging training rather than competition. The follow on to the Sligo Triathlon Club increased this year with 30% taking up membership, a license and attending new year classes. Ross McLynn, Sligo Triathlon Club noted *"Sligo has a man-made perfect venue for multi-sport events and this initiative opens the eyes of many local men that never realised it was even there. It is a haven for running safe, challenging and easy to organise events and training sessions with Sligo Regional Complex and Cleveragh Park., and I can honestly say is like no other in the country."*



Active Schools

Youth Sport West: Focus on Sooeey National School



Sooeey National School is a five teacher primary school located in a rural area of county Sligo. The school has been involved in the Youth Sport West programme for many years. This provides the school with opportunities to provide extra-curricular sports programmes to their pupils. Sooeey N.S. offered their Junior Infants to Second class pupils the opportunity to take part in Gymnastics last term. There were 3 after school programmes delivered by a qualified gymnastics coach from the Youth Sport West Database, to accommodate all the interested children, on a Monday and Thursday 2-3pm for Infants and 3-4pm on a Monday for 1st and 2nd class. As the school does not have a hall itself, it accessed the local community hall that is a very short walk from the school grounds. The coach delivered a 6-week programme that allowed children to experience gymnastics in a fun friendly and familiar environment with friends. The teachers found the gymnastics programme extremely impressive, and excellent for children and have recommended it to other schools. *"The gymnastics was brilliant for the children regarding balance etc. The coach was excellent. She had great control of the class and she did lots of great activities in the hour."* The children really enjoyed the gymnastics sessions with some wishing it could continue past the 6 weeks *"Gymnastics was really good I don't want it to be over"*.

Sooeey have not only been active in the Youth Sport West programme but last term they also attended the Primary schools Athletics Festival and had a number of pupils complete the Primary Schools Triathlon. Sooeey N.S are always encouraging their pupils to try out new activities and sports and get involved in school programme whenever possible. This term they are offering Gymnastics to 3rd and 4th class pupils and are very proactive in encouraging children to cycle to school in the good weather. Keep up the good work Sooeey N.S.!



Sligo CTC embraces Girls Active Programme



Girls Active is a joint programme between the Health Services Executive North West, Sligo Sport and Recreation Partnership, Youth Sport West and aims to increase the number of teenage girls involved in long-term regular physical activity through developing more supportive environments for girls' physical activity in schools. The programme has been running in Sligo since 2003 and has expanded from the mainstream secondary schools to Youth Reach and Training Centres.

In the 2015/2016 school year Sligo Community Training Centre (CTC) joined the Girls Active programme. The programme involves extra-curricular physical activities for teenage girls which are; Recreational, Non Competitive, Girls only and Activities selected and organised by the Girls. Sligo CTC ran a very successful programme in the centre and girls had the opportunity to try out a large selection of activities including Yoga, Hip Hop Dance, Rebounding, Soccer, Walking, Basketball, Circuits, Gym sessions, Boxercise and Gymnastics. The girls in Sligo CTC really embraced the opportunity to take part in the programme and had a positive experience from taking part *"With the Girls Active, I gained a new knowledge of new sports and I tried a bunch of activities that I normally wouldn't have even thought to try and I enjoyed it. It has definitely made me open to trying new sports."*

Getting active was not the only out come as the programme created a friendly environment to get to know other people *"It was good fun, took my mind off other things. Got myself to socialise more and build my confidence around other people."* The tutors involved in organising the programme and linking with SSRP found it gave an opportunity to approach and have something in common with other trainees.

As a health promoting centre Sligo CTC has found the Girls Active programme to be a great addition to their centre *"It is a wonderful initiative and it's great to have the opportunity to have access to such a large bank of fitness and leisure providers in the Sligo area. Having availed of the opportunity to try new sports some trainees have even decided to pursue them in their own time."*

The girls have benefited from their participation through increase knowledge and confidence *"It has provided the girls with more familiarity with their local area and an opportunity to access a large bank of fitness and leisure amenities in this area. They have also gained more confidence to access these facilities."* A number

of the girls went on to partake on the 4 week cycling challenge and the girls Try a Tri and Duathlon ran by SSRP. They also took part in the 'Rith' challenge, which involved a community run in the area.



Active Schools

SSRP SuperValu Primary Schools Athletics Festival was a Sell Out

The annual SuperValu Primary Schools Athletics Fest co-ordinated by Sligo Sport and Recreation Partnership took place on 23rd September and once again proved a huge success with a record number of schools and participants enjoying a great event at the athletics arena at IT Sligo. 1200 pupils representing 42 primary schools from all over County Sligo took part in the relay events. The event now in its thirteenth year continues to grow in popularity with the focus being on maximum participation, fun and enjoyment, and is still attracting new schools each year, welcoming Taunagh NS Riverstown for the first time this year. The event was kindly supported by SuperValu stores throughout County Sligo. On the day, a team of volunteers from County Sligo Athletics Association, Athletics clubs throughout the County, a group of transition year students from Sligo Grammar School and SSRP staff worked collectively to ensure the event went off smoothly. Certificates of participation and an event t-shirt was presented to all athletes in recognition of their sporting effort.



Results are detailed below:

Junior Girls 4 * 100 M

1st Scoil Ursula, 2nd Scoil Naomh Molaise Grange, 3rd St. John's NS Ballisodare

Junior Boys 4 * 100 M

1st Realt na Mara Rosses Point, 2nd St. John's Ballisodare, 3rd Culfadda NS

Junior Mixed 4 * 100 M

1st Strandhill NS, 2nd Owenbeg NS, 3rd Holy Family Tubbercurry

Senior Girls 4 * 100 M

1st Ballinleg NS, 2nd Bunninadden NS, 3rd Scoil Ursula

Senior Boys 4 * 100 M

1st Ardkeenán NS, 2nd Scoil Ursula, 3rd Realt na Mara Rosses Point

Senior Mixed 4 * 100 M

1st Ardkeenán NS, 2nd Strandhill NS, 3rd Taunagh NS

Senior Girls 4 * 200 M

1st Drimina NS, 2nd Holy Faith Tubbercurry, 3rd High Park NS

Senior Boys 4 * 200 M

1st Ballymote NS, 2nd Gaelscoil Cnoc na Re, 3rd St. Brendans NS

Senior Mixed 4 * 200 M

1st Holy Family Tubbercurry, 2nd Maugerow NS, 3rd Rockfield NS



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 provides 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

2016 saw the Sports Inclusion Disability programme (SIDO) in Sligo develop and in doing so reach more people. Adapted physical activity and disability sport opportunities in Sligo have been enhanced through the programme and 2016 also saw the SSRP SIDO project recognised nationally through the CARA adapted Physical Activity National Inclusion Awards.

30 Children Enjoy Surf 2 Heal

Surf 2 Heal, an initiative created to provide surfing for young people with Autism has now been firmly established as an annual event in Sligo. The success and growth of Surf2Heal in Sligo continued in 2016 and is based very much on the adoption of a collaborative approach between a number of local agencies and organisations. Each organisation plays their role in the project through the provision of surfing equipment and resources and in the identification and recruitment of qualified personnel and volunteers to help deliver the programme. The fun and enjoyment experienced by the 30 participants on the Autism spectrum involved this year was evident throughout the week in Streedagh. The huge voluntary effort was also very evident again at this year's camp with over 75 volunteers signing up to support the sessions at different times on each day. The importance and impact of the volunteers was best summed up by the parent of one young participant who felt that *"how much these volunteers give of themselves is very unique. The volunteers my son had this year were exceptional. He is still talking about them and all the fun they had today. They never left his side for the week and connected so well with him. But most especially they made his week fun. He laughed so much and ye have given him so much more than just surfing, he has gained confidence and memories of a lifetime."*



Wheelchair Basketball

SSRP are dedicated to developing and supporting sport and recreation opportunities for people with physical disabilities to take part at a level of their choice. The chance to avail of one of these programmes continues through the Wheelchair Basketball group which runs on a weekly basis at the Knocknarea Arena, IT Sligo.

If you want to 'ROLL WITH US' then why not come along and give it a try on Tuesday evenings between 7pm and 8pm at the Knocknarea Arena, IT Sligo. Both people with physical disabilities and able bodied people or friends are welcome.



Sport for People with a Disability

Early Intervention 1:1 Coaching Programme for Young People with Autism



The Early Intervention Coaching Programme for Children with Autism established by SSRP in conjunction with the Sport & Recreation Department at IT Sligo and supported by Sligo Leitrim Autism Services addresses the lack of participation in regular physical activity by young people with Autism through the facilitation of the 1:1 coaching programme. The programme incorporates the key concept of social support with eight local children on the Autism Spectrum with the aim of facilitating a gradual transition to becoming more physically active and enhancing overall health and wellbeing. The social support aspect is central to the programme and achieved via one to one coaching from eight students (Sport & Recreation Disability module) enabling the children to become comfortable and familiar with their coaches and the coaching

environment. The key focus of the program is to increase opportunities for children with Autism to be physically active, through taking part in six weeks of targeted coaching and also to create new opportunities for the children to be physically active in various settings by providing them with the necessary skills, knowledge and confidence to do so. Each of the eight students involved in the coaching programme kept a log of their coaching sessions and the progress and development of the child they were working with in relation to the key aspects of physical fitness, cognitive ability and social interaction with others. It was found that in the majority of cases the programme simulated significant improvements for the children who participated in terms of physical fitness, cognitive ability and social interaction with others. It also found that the programme was a very positive experience for the students involved and supported them greatly in their coaching development. This was also acknowledged as a model of good practice at the CARA National Activity Seminar in December 2016 and was presented on by the SSRP Sports Inclusion Disability Officer.



'Playing Parents' - Play Workshop for Parents and Toddlers



A new initiative 'Playing Parents' was piloted in 2016 with the aim of encouraging active play between parents and their toddlers (aged between 3-5 years). The programme specifically targeted toddlers with Down Syndrome and was run in collaboration with the Sligo Branch of Down Syndrome Ireland. The two workshops delivered at the Avalon Centre incorporated a variety of fun activity and co-operative games which were active and enjoyable for both parents and their young children. Giving the parents the skills and ideas to play activity with their own children and each

other promoted well-being and great opportunities for social interaction between all involved. The plan is to extend this programme to run on a more regular basis in 2017. The co ordinator from the Sligo Down Syndrome group felt the programme was *"hugely successful and very well attended. The parents reported back that the sessions were great for the children to get comfortable with each other while also participating in physical activity."*

Yoga for Health and Well Being

With all the stresses and strains of modern life the Yoga for Health and Well Being programme was developed by SSRP in association with a number of local mental health services in Sligo and the Renifix group who support life enhancing activities for those seeking support through mental health services. Four eight week Yoga programmes were delivered in both inpatient and outpatient services with 18 participants from Mental Health Services attending at various stages during the programmes. This number was particularly significant given the hard to reach target group involved and difficulty in motivating participants to engage in physical activity. This was noted by the Yoga instructor who provided feedback on clients' progress both during and after sessions. She indicated that *"They felt a sense of achievement with attempting and completing the standing postures. Most also expressed pleasant surprise at being able to do the postures. At the end of each session clients appeared to be more relaxed and at ease with some verbalising this."* The positive feedback from participants was also supported by the Occupational Therapists involved and the programme will be developed further in 2017.

Outdoor Recreation

Sligo East City Walking Group

Sligo East City Community Walking Group provide a friendly social weekly walking programme from the Riverside Hotel every Thursday from 10.30-11.30am, supported by SSRP. The group enjoy a leisurely walk on flat terrain along routes at Doorly and Cleveragh Park, followed by a cuppa and scone back at the Hotel for €2 per person. Some of the participant's noted *'It is well organised, sociable and at just the right level'* and *"Very enjoyable and motivating to walk with a group of all levels of fitness, very sociable and great leaders."*

New members are always welcome to come along and register at the Hotel Reception area at 10.15am.



Sligo East City
Community Walking Group
Winter Series
Starts Thursday 12th January 2017
Registration at 10.15am

Come join us Thursdays 10.30-11.30am to enjoy weekly walks on flat terrain along Doorly Park

Cuppa & Scones available at the Riverside Hotel at 11.30am €2 pp

For further info email diane@sligosportandrecreation.ie or call 0719161511



Sligo parkrun will host Operation Transformation National 5k

Sligo parkrun recently commenced a new beginner walking and a beginner running programme with a view to preparing newcomers to physical activity to prepare for the Operation Transformation parkrun on **Saturday 18th February** with one of the nationwide events being hosted by Sligo parkrun. The Sligo parkrun OT group training takes is taking place over five Saturdays from 9.30am to 10.30am. Walking ambassador Marian and running ambassador Trevor is on hand each Saturday morning to support and encourage new walkers and runners to parkrun.



Sligo parkrun started in January 2015 and is completely run by a team of local volunteers. From the outset, a core team of six volunteers were identified and recruited to plan, develop, promote and implement parkrun in Sligo. It is this identification and recruitment of volunteers that is paramount to the continued success of the programme as was outlined by the Sligo parkrun event director who explained *"Sligo parkrun happens largely because of our fantastic volunteers, who are almost all regular runners like you."*



The weekly team of volunteers are led by a small group of parkrun enthusiasts who form what we call the 'core team': They make sure the event is set up and packed away each week, the results published, the tokens resorted, event reports written and so much more."

For more information please email sligooffice@parkrun.com.

Outdoor Recreation

New Lawn Bowls Facility for Cleveragh Regional Park

To celebrate the launch of the new Lawn Bowls Facility at Cleveragh Regional Park, Sligo Sport and Recreation Partnership in conjunction with Sligo County Council hosted a 'Come- & Try' day at the facility on Saturday 17th September. The outdoor bowls court which consists of four lanes or 'rinks' is the first of its kind in the region. Activities on the day included a lawn bowls exhibition game by the Bowling League of Ireland, and experienced players from the League were at hand to help with the 'come and try' games, which allowed people attending the event to have a go at playing the sport.



Come Join us for our Weekly Lawn Bowls Programme
Open to Adults & Seniors
Every Saturday starting 14th January '17
at Cleveragh Regional Park
from 10.30am-12noon
Equipment Provided
Please wear flat Sole Shoes



For further information contact SSRP on 0719161511 or email diane@sligosportandrecreation.ie
Sligo East City Community Sports Hub Initiative



Due to the popularity of the event, SSRP now facilitate a weekly Lawn Bowls programme providing free instruction and equipment every Saturday from 10.30am-12.00noon. Access to the facility is via the main car park in Cleveragh Regional Park, which is located across the road from Sligo Regional Sports Centre. New members are always 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

6th Year of Ladies 'Try a Tri' a great success!



The sixth year of the Women's Try a Tri Initiative finished on a high note in an electric atmosphere on October 9th involving 40 women. This initiative is led by the Sligo Triathlon Club, with support from SSRP's Women in Sport project. The programme involves a 6 week coaching programme in all 3 disciplines, Swim, Bike and Run, building on their skills and confidence levels at the Regional Sports Centre swimming pool and Cleveragh Park running and bike track, as well as an interactive session delivered by 'Johngcoaching', aimed at enabling the women to improve their mind set and overall experience and performance. The training culminated in a Try -a Tri event, where the participants completed 10 lengths of the pool, followed by a 10 km bike and a 4 km run all the while cheered on and encouraged by their families and friends to the finish line, where they were met by the junior try club members who presented the ladies with their medals. This year's winner is Louise Stoodley, followed by Ciara Mulcahy who took second and Jane Gormely who took third. Some participants noted after the event, *'it's a great thing to do as you feel so safe and so supported by everybody that is involved from the competitors to the coaches'*, *'this is by far the best thing that I have ever done'*, and this lady sums it all up stating *'If you could bottle up all the feelings and emotions from doing this event nobody would ever have any mental health problems'*.

Ladies Tour of Lough Gill Cycle



The Ladies Tour of Lough Gill is an annual women's only leisure 40k cycling event with a particular focus on attracting newcomers to cycling and is part of the Women in Sport programme. The event is organised by Innisfree Wheelers Cycling Club and despite unfavourable weather it attracted 75 female participants. At the request of the participants on the women's cycle the club facilitated a follow up Bike Maintenance workshop after the event. The purpose of this workshop was to build capacity among newcomers to cycling regarding all aspects of bike maintenance. Arising from this cyclists became more self sufficient in managing their bikes and in turn more confident to cycle without needing a

cycling leader. The pathway from this annual event into becoming a full club member is evident over a period of several years to a position where the club has currently almost equal male and female membership of close to 150 members.

Resulting from the greater number of female participants in the club a number of women have gone on to take up leadership roles in the club including positions on the executive committee, sub committees and as cycling coaches. For the first time in 2016 the Ladies Tour of Lough Gill was organised by an all female club sub committee.



Active Seniors

Go for Life National Grant Scheme 2016



The National Programme for Sport and Physical Activity for Older People

The Go for Life programme is an Age & Opportunity initiative funded by Sport Ireland. The programme aims to promote greater participation by older adults in recreational sport and physical activity. The annual Go for Life National Grant Scheme is open to active age clubs and groups who would like to purchase equipment for their group or explore a new recreational activity they would like to try out. It is a worthwhile scheme and numerous groups throughout the country have benefited enormously from the grant allocations. As a support to the Scheme, Sligo Sport and Recreation Partnership & the HSE hosted a 'Funding Workshop' in mid September to assist active age clubs in making applications. The 2016 scheme closed in September 2016 with allocations awarded last December.

29 groups in Sligo received grants under the 2016 Scheme amounting to €8,640 (See over)

Go for Life National Grant Scheme Recipients 2016

<u>Grant €</u>	<u>Organisation</u>
240	Lakeview ICA
260	Arthritis Ireland Sligo
260	Ransboro ARA
260	The Avalon Bowls Club
260	Women's Group Coolaney
300	Skreen/Dromard Community Centre
260	Gurteen Ladies Social and Wellbeing Group
240	Riverstown ICA
260	Sligo HSE North West Retired Persons Group
260	Collooney & Ballinacarrow ARA
1400	Sligo Sport and Recreation Partnership
260	Nazareth Villagers aka Nazareth Social Club
260	Sligo Lend a Hand
240	Cliffoney ARA (Young at Heart Club)
260	Gurteen Active Age Group
260	Coolaney ICA
240	Sligo Men's Shed Association
240	Sligo Town ICA Sligo
260	Alzheimer Day Care Centre
260	Star of the Sea Strandhill ARA
300	Carrigans Day Care Group
240	Calry ARA
260	Tubbercurry ARA
240	Irish Wheelchair Association
260	Thursday Ladies Group
240	Ballymote ARA
260	Dunally ICA
300	Collooney Day Centre
260	Abbeyquarter Men's Group
€8,640	Grant Total for Sligo

Seniors Go for Life Games

The Seniors Go for Life Games programme is a 6 week multi activity programme which aims to get older adults physically active. The programme was delivered to six groups between September and December 2016 through links established with active retirement groups and community organisations throughout County Sligo. The groups involved in the programme were Nazareth House Care, Coolaney Women's Group, Ransboro Active Retirement Association, Keash Active Club, Gurteen Active Age Club and Cliffoney Active Age Club. Over 60 older adults were involved in the programme.



For more information on Age and Opportunity see www.ageandopportunity.ie

Education and Training

Disability Inclusion Training



In 2016, SSRP continued to focus on the key objective of facilitating training and education opportunities in disability awareness through sport. Coaching Ireland in conjunction with the CARA Adapted Physical Activity Centre are responsible for rolling out the Disability Inclusion Training nationally. Locally the training is facilitated by Shane Hayes; the local Sports Inclusion Disability Officer with SSRP who is responsible for the co-ordination, facilitation, promotion and delivery of education and training in the area of sport, adapted physical activity and adapted physical education in Sligo. Eleven people attended the training in November emphasizing the interest and work in the area of adapted physical activity and sport in Sligo. Participants came from a variety of backgrounds including volunteers on SSRP's Sports Inclusion Disability Project, third level students, community workers, primary school teachers and sports coaches from local clubs and schools who have been very proactive in working towards becoming more inclusive of people with a disability within their sports and physical activity sessions. Any local sports clubs or organisations who wish to become more inclusive can contact Shane Hayes, Sports Inclusion Disability Officer with Sligo Sport and Recreation Partnership on 071 9161511 or shane@sligosportandrecreation.ie. In addition if any local clubs or individuals want to find out more about future opportunities or training in the area of sport and physical activity for people with a disability they can get in touch with Shane Hayes as above.



10 Coaches involved in Sports Training Course

SSRP in partnership with Mayo Sligo Leitrim ETB facilitated a Community Sports Coach Training Course to ten jobseekers between September and December 2016.



The 14 week long course consisted of three strands including sports and physical activity training, career planning and job placement. The course gave participants a chance to receive sports coaching qualifications in Soccer, GAA, Athletics, Rugby and Triathlon as well as training in disability inclusion training, active leadership, coaching children, code of ethics awareness and first aid. Alongside training as sports coaches, students on the course completed a level 4 qualification in career planning which included job seeking skills, cv writing and interview skills. Following their training, the participants carried out 6 weeks of work experience in local primary schools through the Youth Sport West programme and with the FAI,

GAA and IRFU. Two participants carried out their placement on SSRP sport inclusion programmes. There was a specific focus on coaching children throughout the 16 weeks so it was fitting that the course ended with a primary schools multi-skills festival in the Sligo Regional Sports Centre. 52 children from Sooley N.S and Castlerock N.S attended the event which was planned and delivered by the newly trained coaches.

The course was supported nationally by Sport Ireland through Dormant Accounts funding while local partners included Department of Social Protection and Regional Development Officers of the GAA, FAI and IRFU.



Education and Training

Shuttle Time Badminton Training



As part of a junior club development Sligo Badminton Club facilitated a one day Shuttle Time training course for beginner coaches in September 2016. 18 participants attended the course and committed to doing some voluntary hours to support the junior Badminton coach at the club.

Walking Group Leader Training



SSRP facilitated an Irish Heart Foundation Walking Group Leader Training Course in September 2016. The walking leader training course was aimed at volunteer walking leaders who were currently involved or planned to be involved with community walking groups. Participants on the programme learned how to plan and lead safe walking sessions and programmes to all ability levels. The main achievement of the course is that there are now an additional 8 trained walking leaders in the County. Out of the 8 walking leaders, 5 are volunteering with community walking groups whilst 2 participants plan on being involved with local groups in the future.

Coaches upskill on Introductory Basketball Course



Red Hawks Basketball Club in conjunction with Sligo Sport and Recreation Partnership facilitated a Basketball Ireland Introductory Basketball coaching course in September last. 11 coaches took part from a range of club, school and community settings.



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. During 2016, the Partnership has supported coach education across a range of sports including Soccer, Gaelic, Athletics, Badminton, Hockey, Mountain Biking, Triathlon, Cycling, Rounders, Mountaineering, Basketball, Gymnastics and Cycling.

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



In 2015 Sport Ireland amended the structure of Child Welfare & Protection (Code of Ethics) Training for Clubs. The details of the three stages of training are 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. During 2016, SSRP delivered 21 Awareness workshops with 308 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 Ireland 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. During 2015 SSRP held 2 Children's Officers courses with 28 participants.

Safeguarding 3 - Designated Liaison Person (DLP) Workshop

The third part of the ISC Child Welfare & Protection Training Programme is the **Designated Liaison Person** workshop. This workshop will be held in March 2017 and all those wishing to undertake it must have completed Safeguarding 1 and undertake 3 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,

Email: info@sligosportandrecreation.ie or see our website www.sligosportandrecreation.ie

Action from the opening of the new Lawn Bowls Facility at Cleveragh Park in September 2016



2017 SSRP CALENDAR OF EVENTS & TRAINING			
DATE	EVENT/COURSE	TIME	VENUE
JANUARY			
7 th January	Operation Transformation 4K Walk	9.30am	JFK Parade
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thurs. (Starts 12 th Jan)	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
Every Saturday (Starts 14 th Jan)	Weekly Sligo Lawn Bowls Programme	10.30am-12pm	Cleveragh Park
25 th January	Couch to 5K, Wed & Fri 6 week prog.	6.15-7.15pm	Cleveragh Park
9 th January	Couch to 5K, Mon & Wed 8 week prog	8.00-9.00pm	Skreen/Dromard Community Centre
FEBRUARY			
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
6 th February	Child Protection Safeguarding 1 (Awareness)	6.30-9.30pm	Sligo Education Centre Ballinode
11 th February	Sports Ability Day 2017	10am – 3pm	Knocknarea Arena IT Sligo
13 th February	Sports Capital Funding Workshop	7pm – 9pm	Regional Sports Centre, Cleveragh
18 th February	Parkrun/Operation Transformation 5K	9.30am	Doorly Park, Riverside
18 th February	Sport Ireland Yeats Tour of Sligo Launch	12pm -1.30pm	Doorly Park, Riverside & City Hall
20 th February	Child Protection Safeguarding 2 (Children’s Officer	6.30-9.30pm	Sligo Education Centre Ballinode
23 rd February	Adult Intellectual Disability Services Boccia Festival	10.30am–2.30pm	Knocknarea Arena IT Sligo
DATE TBC	Enniscrone Community Walking Group	11am-12.00pm	West Sligo Family Resource Centre
MARCH			
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
TBC	Girls Active Fest	10.00am-3.00pm	Knocknarea Arena IT Sligo
13 th March	Child Protection Safeguarding 3 (Designated Liaison Person)	6.30-9.30pm	Sligo Education Centre Ballinode
APRIL			
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
Date TBC	Child Protection Safeguarding 1 (Awareness) training	6.30-9.30pm	Sligo Education Centre Ballinode
29 th /30 th April	Sport Ireland Yeats Tour of Sligo Cycle	2 day event	Event HQ – IT Sligo
MAY			
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel
TBC	Sligo Bowls Club Open Day	TBC	Cleveragh Park Sligo
JUNE			
Every Saturday	Sligo parkrun	9.30am	Doorly Park, Riverside
Every Thursday	Sligo East City Community Walking Group (weekly programme)	10.15am-11.30am	Riverside Hotel

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’

Sports Ability Day 2017

Sligo Sport and Recreation Partnership in association with Leitrim Sports Partnership, Sligo and Leitrim Irish Wheelchair Associations, Irish Wheelchair Association Sport and the Health Service Executive West are organising a Sports Ability Day for children & adults with **physical disabilities**. The event takes place on **Saturday, 11th February** at the **Knocknarea Arena IT Sligo** from 10am to 12pm for children and 1pm to 3pm for adults. Anyone interested in trying out sports on offer are welcome. Please register in advance with either Shane Hayes, SSRP or Jeannette Beirne, IWA (see poster below for contact details)



*Come and Try Events for Children & Adults
with Physical and Sensory Disabilities*

SPORTS ABILITY DAY

Saturday 11th February 2017 Knocknarea Arena, IT Sligo

Starting Time: Children 10.00 - 12.00pm Registration Starting at 9.30 - 10.00am
Starting Time: Adults 1.00 - 3.00pm Registration Starting at 12.30 - 1.00pm

*All participants who would like to attend this event must pre-register
before Friday 3rd February*

For further information please contact:

JEANNETTE BEIRNE
Irish Wheelchair Association Sligo/Leitrim
0719155522 or 0719620569

SHANE HAYES
Sligo Sport and Recreation Partnership
071 9161511
shane@sligosportandrecreation.ie

REFRESHMENTS WILL BE PROVIDED



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**