

The Newsletter of Sligo Sport and Recreation Partnership

July
2018

In this Issue...	Page
Some Recent SSRP News	2 & 3
Club Development	4 & 5
Sligo East City Community Sports Hub	6 & 7
Bunninadden Community Sports Hub	8 & 9
Urban Outdoor Adventure	10 & 11
Outdoor Recreation	12
Community Sport	13 & 14
Active Schools	15 & 16
Sport for People with a Disability	17 & 18
Active Seniors	19
Women in Sport	20
Education & Training	21 & 22
Calendar of Events	23
SSRP Contacts/Info	24

Men Getting Active in Rural Communities

January 2018 saw a new and innovative Men's Only Indoor Rowing Fitness Programme piloted in the rural communities of Geevagh and Ballintogher involving 54 men.



The initiative was enabled through funding received from Sligo County Council LCDC Healthy Ireland initiative. SSRP with guidance from Rowing Ireland and in partnership with CLASP (Community Lough Arrow Social Project) facilitated the programme, with support from St. Michaels and Geevagh GAA Clubs and local community groups.



For more details see page 13

Social Rowing

Sligo Rowing Club introduced Social Rowing for the first time at the club in early summer and it has proved extremely popular with over 60 adults enjoying the sport of Rowing at a recreational level to date. The programme is supported through the Sport Ireland Urban Outdoor Adventure Initiative funded through Dormant Accounts.



For more details see page 10

Cycling for All Ages and All Abilities



Sligo Sport and Recreation Partnership implemented two new cycling initiatives in 2018. A new Balance Bike programme was piloted in conjunction with Sligo County Childcare Committee with three pre-schools and over 60 children aged between 2 and 5 years participating in the programme and acquiring the new skill of bike balancing. Also, a new Junior Para Cycling project was initiated which proved to be a resounding success with 7 local children with physical disabilities taking part in a weekly cycling skills programme. Many of the children are continuing to ride their trikes and hand cycles on a regular basis.

The new cycling projects were made possible through funding from Sligo County Council LCDC Healthy Ireland initiative. Both projects were launched at the Family Fun Day Cycling Fest during National Bike Week 2018.

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

Demonstrating the Impact of the work of SSRP

In 2018 Sligo Sport and Recreation Partnership launched two evaluation reports which demonstrate the positive impact of SSRP projects.

SSRP engaged Irish Leisure Consultancy to undertake an external evaluation of the East City Community Sport Hub project Model of Delivery. On 2nd July 2018 the Report was launched at the Abbeyquarter Community Centre, Cranmore. In attendance at the launch were Una May Director of Participation and Ethics Sport Ireland, members of Cranmore community organisations, staff from Cranmore Regeneration Office, HSE representatives and Board and staff members from Sligo Sport and Recreation Partnership. Many positives impacts of the Community Sports Hub initiative were identified in the evaluation with one of the stand out aspects of the model of delivery highlighted being the positive partnership work among all stakeholders involved in developing sport in the East City area.

The full Report is available to read at the link below:

<http://www.sligosportandrecreation.ie/wp-content/uploads/2018/08/sligo-community-sport-hub-final220618.pdf>



Also, Sligo Sport and Recreation Partnership undertook an evaluation of the Community Get Rowing pilot programme.

The evaluation clearly demonstrated the positive impacts of the indoor Rowing programme on the rural men involved in terms of health and wellbeing. The Report was launched by Leas Cathaoirleach Cllr Keith Henry at County Hall on 14th June. In attendance was Ciaran Hayes Chief Executive Sligo County Council, Michelle Carpenter CEO Rowing Ireland, Emma Jane Clarke Sport Ireland, representative from Sligo County Council, LCDC, HSE, SSRP and community organisations. The full Report is available to read at the link below:

<http://www.sligosportandrecreation.ie/wp-content/uploads/2018/08/rowing-report-final.pdf>



National Sports Policy Launch



Sligo Sport and Recreation Partnership welcomes the launch of the Government's National Sports Policy 2018–2027. Minister for Transport, Tourism and Sport, Mr. Shane Ross, TD, and the Minister with responsibility for Tourism and Sport, Mr. Brendan Griffin, TD launched the Government's National Sports Policy 2018–2027 on 25th July 2018.

This policy document has been developed through an extensive public consultation process and collaboration with the sports sector and other stakeholders and will provide strategic direction to the work of Local Sport Partnerships.

The High-Level Goals of the National Sports Policy are:

- Increased Participation
- More Excellence
- Improved Capacity

Some Recent SSRP News

Tradition of Cycling in Sligo continues on May Bank Holiday Weekend

For nine years Sligo Sport and Recreation Partnership hosted the Yeats Tour of Sligo and while the Partnership no longer hosts the event it was fantastic to see the tradition of a cycling event being sustained over the May Bank Holiday weekend and great credit is due to Innisfree Wheelers who hosted a very successful event.

The Innisfree Wheelers Spring Sportive took place on Sunday the 6th May 2018. There were two routes of 60km and 120km taking in the breath-taking scenery of Counties Sligo, Leitrim and Roscommon. The event was capped at 340 riders which was filled easily and demand for places left some people disappointed.

The 120km event suited the more experienced leisure cyclists. In the 120 km event, cyclists witnessed spectacular views of Knocknarea Mountain, Lough Gill, Lough Allen, Lough Key, and the Ox Mountains and Arigna Mountains. The 60km event was suitable for even the most novice of cyclists. As it did not contain any serious climbs, it could be tackled and enjoyed at a very leisurely pace and great scenery. Refreshments along the route and a meal at the end were greatly welcomed by all the cyclists who were highly complementary of the overall event management as reflected in some feedback received.



"Wonderful event, really well organized and very enjoyable. Well done to all involved."

"Thank you for a fantastic event, well worth the trip from London to cycle with my brother. Lads from your club very helpful in letting me on their wheel in the run to Dromahair on the 120km spin, beautiful route and scenery."

Making our Beaches More Accessible for All

Sligo Sport and Recreation Partnership were delighted to work in partnership with Sligo County Council to make our beaches more accessible for all by providing beach wheelchairs for use by people with a physical disability. Sligo County Council funded one beach wheel chair while SSRP received funding under the LCDC Healthy Ireland initiative for a beach wheelchair.



The official launch of Sligo's first two beach wheelchairs took place on Wednesday 1st August. The two wheelchairs include a DeBug model and a Hippocampe model. Beach wheelchair management arrangements between Sligo County Council and the Irish Wheelchair Association Sligo and 7th Wave Surf School in Enniscrone. One wheelchair has been available for the public for use at Enniscrone beach in recent weeks and has received great usage.

Club Development

Sligo Climbing Club

Sligo Climbing Club which was supported by SSRP with a start up grant has had a busy first half of the year and the exceptional good weather has allowed for numerous club 'meet ups' at local crags and bouldering locations around Sligo. The club has been busy maintaining the local climbing spots and recently had a 'Help a Crag Development Day' at Scalp na gCapaill in Cooney Ballisodare. For anyone interested in getting involved in climbing the club will be holding open days at the end of August.



Follow Sligo Climbing Club on Facebook for regular updates of club activities.

Families Catching Waves in Strandhill

The County Sligo Surf Club has gone from strength to strength in recent years with its focus on family fun in a safe surfing environment. The club's primary focus has been in the recruitment and training of a series of qualified coaches through a winter training programme supported by SSRP. The club aims to teach parents the necessary skills and build confidence to eventually take their own children surfing in a safe manner.



The 'Hour of Power' is a mass participation event each Sunday in Strandhill with dozens of happy children catching waves together and learning new skills as they progress. During the week the 'Parents Sessions' cater for beginner and improver parents so they can have their own fun too! Currently the club has almost 200 junior members and over 150 adult members, many of whom are long time surfers, now re-engaging with the club as their own children come of surfing age.

Rounders is a Hit out West

Easkey Rounders Club founded in October 2015 and the first Rounders Club established in Co Sligo with support from SSRP, have had their most successful season to date with 44 girls now registered. Highlights of the year so far include attending the John West All Ireland U14 Feile making it to the semi-final with a very tight match with Emo Rounders whilst keeping all the spectators on the edge of their seats; attending the U13 Feile in Portlaoise, again making it to the semi-final; and their U13 Community Games team won gold at both County and Connacht



Community Games events and are now through to the National Community Games finals on 18th August next in the University of Limerick for the second year running.

The club also ran a very successful U10 Rising Rounders Stars programme ensuring the future is bright for Rounders in Easkey. The club also recently hosted a fun interclub event with Clonbroney Rounders Club from Longford with U10, U13, U15 and parent's events with a focus on enjoying the game, making friends and great memories, followed by BBQ for all.

Club Development

Special Project Funding Support for Clubs 2018

In Spring of this year 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 the allocation of €15,000 to sports clubs and organisations for club development initiatives and events. 20 projects were funded in the areas of developing water sports, sport in disadvantaged areas, club development, Sport for people with a disability and exceptional performance targeted summer camp initiatives. Sports supported included Archery, Cycling, GAA, Soccer, Gymnastics, Boxing, Table Tennis, Swimming, Basketball, Rowing, Hockey, Golf, Badminton, Climbing and Tennis. It is estimated that the projects funded will engage over 1,900 participants in sport and physical activity.

A summary of some of the clubs and projects funded are as follows:

Shuttle Stars Badminton Club

The Shuttle Stars Badminton Club is based at Sligo Tennis Club and weekly coaching takes place for over 20 Special Olympic athletes throughout the year with the support of a team of volunteers and coaches. Seven members of the club were selected for the Connacht team to represent the province at the Special Olympics Irish Games. The athletes achieved great success bringing home 4 silver, 4 bronze and 4 ribbons. A celebration evening at Sligo Tennis Club was hosted to mark their great achievements.



Sligo Rowing Club



Sligo Rowing Club Invitational Regatta Saturday took place on 28th July 2018 over an 800 metre 3 lane course. A very busy schedule of competitions were facilitated for categories including Master events and Junior Events. For the first time some Social Rowing Events were included on the programme of events and it was wonderful to see many of the participants from the Learn to Row programme which is part of the Urban Outdoor Adventure initiative involved. The Regatta is a major undertaking for the club and on her recent visit to Sligo Michelle Carpenter Chief Executive Rowing Ireland was delighted to meet club administrators and coaches.

Excellence in Sport

Sligo Sport and Recreation Partnership was delighted to join with Sligo County Council to support excellence in sport for Sligo Swimmer Mona Mc Sharry. Her achievements and her dedication to her sport make her a role model for all athletes and particularly teenage girls in sport. She is the holder of national records and has won European and World titles in her sport of Swimming. Her goal is to represent Ireland at the 2020 Olympic Games in Tokyo.



County Sligo Swimming Club Hosts Motivational Seminar

On 16th March last County Sligo Swimming Club hosted a motivational seminar to give their swimmers the opportunity to consider not just the physical training, but also the mental aspects involved in sport. The keynote speaker was Gerry Duffy, one of Ireland's leading ultra-athletes as well as a full-time motivational speaker and author. Gerry was a huge hit with the swimmers and talked about being honest, organised and pro-active with their goals & desires. He stressed how important it was to be realistic in setting goals, and understanding the work involved to achieve them. The night was a great success for both swimmers and the coaching team.



Sligo East City 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. This project is funded by Sport Ireland, Dormant Accounts and the Cranmore Regeneration Project. Below are some of the key highlights of projects delivered in Sligo East City area.

Getting Active Outdoors

There is a lot to be said for exercising outdoors as research suggests that getting outside really is a better way to exercise for both physical and mental health. SSRP's Green Gym programme participants, who train weekly at Doorly Park, certainly agree that being in the open air feels good and that fresh air as well as the beautiful scenery does an awful lot to lift their spirits. Adult Classes continue to run every Wednesday from 10am-11am followed by an inclusive class from 11am-12noon.



Giving Youth a Fighting Chance

Sligo City Boxing Club attended the Monkstown International Box Cup, hosted by Monkstown Boxing Club in June, which has become the biggest Boxing tournament in the world with an incredible 840 boxers representing 19 countries. Strong teams from the US, Canada, Russia, Ukraine and plenty of



European neighbours gave the cup a serious international weight. Sligo City Boxing Club were delighted to have 7 entries and returned home with 2 winners and 2 finalists. The club is now busy preparing for the National Senior Cadet Finals and Qualifier for the European Championships. New members are welcome to train every Tuesday and Friday, 6-7pm at the Abbeyquarter Community Centre.



Community First Aid

Cranmore Co-operative Society recently hosted a First Aid course for staff and volunteers supporting and delivering community based sport and recreational programmes. The manager of the Cranmore Co-operative Society noted that the training provided *"Very practical training that can be used when volunteering or in everyday life and delivered by a great tutor."*

Step to it with Sligo East City Community Walking Group

Sligo East City Community Walking Group continue to enjoy weekly walks from the Riverside Hotel every Thursday morning and more recently started to introduce new locations each term to explore and enjoy the many hidden treasures so close to home, including a walk to Killaspugbrone Church, a tour of Sligo Abbey, a visit to the Life Boat Station in Rosses Point and the highlight of their summer schedule, a walk over to Coney Island.



Sligo East City Community Sports Hub

Summer Bowls in Full Swing



Sun hats, shades and sun lotion were the order of the day at the Sligo Lawn Bowls Club Open Day in June, to celebrate the 1st anniversary of the club. It was the perfect setting for a Bowling match, and the crowd was treated to a most entertaining game by club members, as well as the opportunity to enjoy a free coaching session to see what Lawn



Bowls is all about. The club made the best of the ideal weather conditions this summer and ran single and double events as part of their fun summer competitions. New members are always welcome, just bring along flat soled shoes and the club provides the equipment.



Sport Ireland Site Visit



SSRP was delighted to welcome representatives from Sport Ireland to visit our Sligo East City Community Sports Hub initiative this summer. They met with SSRP staff, some of the partners, clubs, coaches and participants involved in the initiative as well as getting a tour of the different facilities and amenities, and even managed to squeeze in time to enjoy a game of Lawn Bowls.



Encouraging youth participation in Sport



Sligo East City Community Sports Hub linked with a number of local community groups and clubs to provide a range of opportunities for young people to participate in sport over the past few months. Some of the fun activities held were Stand Up Paddle Boarding and Hiking led by the Cranmore Co-operative Society with 30 children, which introduced them to the great outdoors! Sean Fallon Pitch was a buzz with a weekly Multi

Sport programme led by the Abbeyquarter After School Project involving 20 young people and a very successful Community Soccer initiative led by the Cranmore Co-operative Society and supported locally by the Abbeyquarter Afterschool and Resource House Project involving 60 local youth.

The Resource House Project also provided swimming lessons for 15 young people giving youth the opportunity to learn a lifelong skill, and Cleveragh Pitch was also full of activity with club-community programmes delivered by St. John's GAA and Sligo Rugby Club.



Bunninadden Community Sports Hub

Bunninadden Community Sports Hub Initiative

Following a successful application to Sport Ireland under Dormant Accounts Sligo Sport and Recreation Partnerships was awarded a Community Sports Hub for the rural community of Bunninadden with the local community centre a focal point. The Bunninadden Community Sports Hub represents a collaborative approach between community organisations, sports clubs, schools and agencies working together to increase participation in sport and recreation in the Bunninadden community and surrounding localities. The project focuses on increasing participation by offering a range of sporting activities, engaging with community groups and sport clubs, encouraging community leadership and bringing organisations together to plan and deliver sport and physical activity in the Bunninadden area. The initiative commenced in January 2018 with numerous projects taking place including sport and recreational programming, developing club-community links, building strong organisational structures and providing education and training opportunities. Below are some of the key highlights delivered to date.

Gym Fun

In April 2018, Sligo Sport and Recreation Partnership piloted a new community GymFun programme in the Bunninadden Community Sports and Leisure Centre. This programme provided a fun multi-skills programme for 30 young people through the sport of Gymnastics. The children enjoyed the fun warm ups, key fundamental gymnastics skills including rolling, jumping, landing, balancing, movement and sequencing. Based on the levels of enjoyment, positive feedback and high levels of interest in the sport from the Bunninadden youth, the GymFun programme will restart again in September 2018.



Bunninadden Table Tennis Club

Bunninadden Table Tennis Club has been in existence for over 10 years and has had outstanding accomplishments to date. They have over 50 members in the club ranging from the junior section (6 years+) to the adults section. Based on their increasing participation levels and inclusive approach SSRP invested in a wheel chair friendly Table Tennis Table and a 6 regular Table Tennis Tables on behalf of the Bunninadden Table Tennis Club in March. In April 2018, SSRP supported an outreach Table Tennis Taster Session for Soeey Youth Club in the Soeey Community Centre which was led by Bunninadden Table Tennis Club involving 17 youth and their leaders. Bunninadden Table Tennis club introduced the sport, demonstrated the skills involved, explained the sporting rules and provided each adolescent the opportunity to have a game. A great evening's entertainment was had by all.



Bunninadden Table Tennis Club has been growing in strength and achievements over the past few years. To name but a few Bunninadden had several winners in the Munster Opens, Connaught Rankings, the All-Ireland Community Games and the All-Ireland Schools Competition. On the 5th of May Bunninadden Table Tennis Club hosted the All Ireland Senior/Master Interpros in the Bunninadden Community Sports and Leisure Centre which was attended by Ken Strong the president of Table Tennis Ireland. Well done on all your achievements throughout the year!

Bunninadden Table Tennis Club meets every Thursday evening from 7-9pm in the Bunninadden Community Sports and Leisure Centre. They welcome new members of all ages and abilities to come along. For more information on the club please visit www.facebook.com/bunninaddentabletennisclub/.

Bunninadden Community Sports Hub

Celebrating Men's Health Week at Bunninadden Men's Sports Saturday

Bunninadden Men's Sports Saturday took place in the Bunninadden Community Sports and Leisure Centre on Saturday 16th June which coincided with Men's Health Week. Men aged 18 years and over were invited to attend on the day. The event comprised of an opportunity for men to try out a range of activities including Archery, Cycling, Table Tennis, Badminton, Fitness Circuits, Volleyball, Bowls and Kurling and there were also refreshments served on the day to add to the social aspect of the event.

Hosting the event during Men's Health Week was a great way to showcase the importance of sport and physical activity for health and in particular for Men's Health. Men's Sports Saturday was an enjoyable day for all who attended with men of all ages and abilities playing together and giving the various sporting activities a try.



Bunninadden Community Bowls

The Bunninadden Community Bowls meets in the Bunninadden Community Sports and Leisure Centre 3 times a week for Short Mat Bowls. The group currently consists of approximately 24 participants and are always open to new members. The group is predominately made up of older adults as it only involves light exercise however, it can be played by all age groups. The Bunninadden Community Bowls focuses on recreation with some players involved in various Bowl competitions throughout the country. There is no membership fee for the group but participants are asked to bring along €3 per session to go towards refreshments. SSRP recently invested in a range of indoor Bowls equipment including inclusive Bowls equipment for the group to support their increasing participation levels and also to support the people with disabilities who take part. In turn the group hosted a 'Come and Try' Taster Session in May for participants from Gallagher House, Tubbercurry. This resulted in a very enjoyable afternoon and the Gallagher House participants now play with the Bowls group on a regular basis. This year again we have joined forces with Ballymote and are competing in the All Ireland Bowls in Castlebar.



Couch to 5K

Ballinalack Community Park hosted a successful Couch to 5K programme from January to March 2018 with over 40 men and women signing up to the programme. This programme was led by Ballinalack Community Park and supported by SSRP. The programme encouraged the local people to use the track facilities that are available at the Community Park and to get the community active through a fun physical activity programme.



The feedback received from the participants indicated that the exercise programme offered as much social benefits as it did physical, with one participant stating *'It's been just as much a social thing as fitness'*. The participants found that one of the most important factors in its success is its location in Bunninadden. One participant stated *"You know it's awful when you've to travel half an hour to go run somewhere for an hour like and then travel back, this is literally down the road which we've never had before"*.

Exciting plans ahead for Bunninadden Community Sports Hub

A new Outdoor Gym is coming soon to the Ballinalack Community Park and the building of a new Boules Court is already underway at the Bunninadden Community Sports and Leisure Centre. More great physical activity opportunities to come for the area!



Urban Outdoor Adventure

The Urban Outdoor Adventure Initiative is a new and exciting project funded through the Sport Ireland Dormant Accounts programme. The aim of the initiative is to increase the number of people in urban settings undertaking physical activity through adventure sports in the outdoor. In Sligo the initiative is enabled through the fantastic natural resources right on the door step of Sligo Town including the Garavogue river, Lough Gill, Cairns Wood and Hazel Wood to name a few. The focus for the current project is on Rowing, Kayaking and Trail Walking. Here is a summary of just some of the initiatives to date.

Social Rowing - An exciting initiative for Sligo Rowing Club

Rowing is a great way to get active with friends in a relaxed and scenic outdoor environment and the new Social Rowing initiative within Sligo Rowing Club has been initiated and gone from strength to strength within Sligo Rowing Club. On 12th May, the club with the assistance of Sligo Sport and Recreation Partnerships under the Urban Outdoor Adventure Initiative held an Open Day to promote their new leisure rowing coxed quad boat and the social rowing element of their club. This was the beginning of a great summer and the sun shone down as nearly 50 people came along throughout the day to enjoy a spin in one of the two touring boats.



Subsequent to the open day the club held 'Learn to Row' courses, a course developed by Rowing Ireland to introduce people to rowing and provide them with the skills and knowledge needed to earn their rowing passport. To date 6 courses have taken place with 50 people participating and a large number of those have gone on to join the club and now row regularly on the Garavogue river.

Vice Cathaoirleach Sligo County Council Cllr Keith Henry, CEO of Rowing Ireland Michelle Carpenter and Emma Jane Clarke of Sport Ireland were in attendance at the official launch of Sligo Rowing Clubs Social Rowing element on 15th June, where all the hard work of Sligo Rowing Club was acknowledged, for both the Social Rowing initiative and their well-established Junior Club who compete on a regular basis around the country.

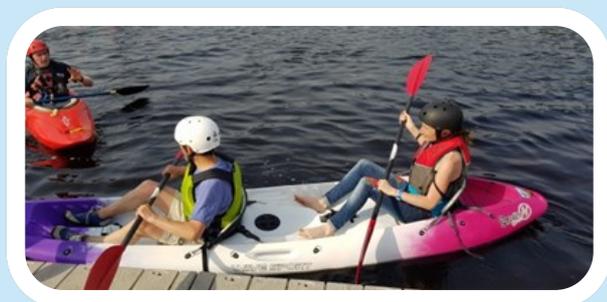


If you are interested in giving Social Rowing a try or taking part in the Learn to Row course contact Ray Murtagh on 083 4273080 or email sligosocialrowing@gmail.com to find out more.

Urban Outdoor Adventure

A new style of kayak for Sligo Kayak Club

As part of the Sligo Urban Outdoor Adventure Initiative Sligo Kayak Club hosted an Open Day where participants got an opportunity to try out Kayaking on the 3 new 'sit on top' kayaks (2 single kayaks and 1 double kayak) along with their regular kayaks. The 'sit on top' kayaks are perfect for anyone who may be nervous of the enclosed kayaks and are faultless for recreational kayaking on the lake.



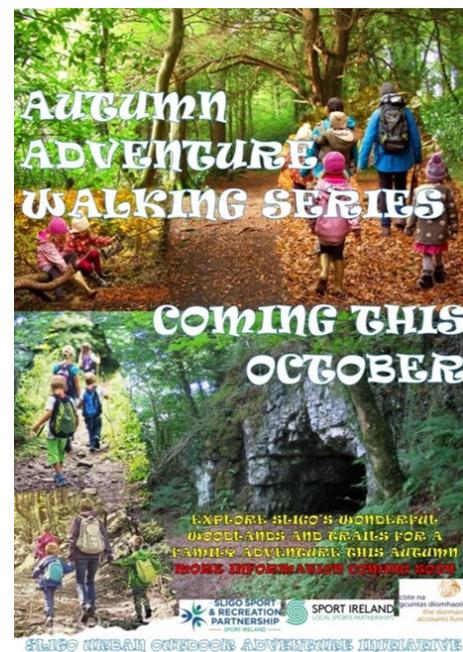
Following on from this a number of beginner-friendly weekly sessions was hosted during the summer to allow people to build their confidence on the water and learn essential skills for kayaking. Sligo Kayak Club plan to host beginner training courses during the year and all information can be found on their Facebook page www.facebook.com/SligoKayakClub/

A welcome 'Storm' from the Northwest

Sligo Kayak Club hosted a taster day of kayaking for the North West Stormers Multi Sport Club for children with a physical disability on 25th May. This was a great success with children really enjoying the experience. Resulting from this the Kayak club held a number of sessions on the water with the children and their parents.



Coming soon ...



Outdoor Recreation

Busy week across County Sligo with Bike Week 2018

Bike Week 2018 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 9th and 17th June.

Events took place right across the County during the week with 15km leisure cycles in Mullaghmore and Ballymote which attracted newcomers and families. Ballinafad and Doorly Park held Pedal to Paddle events, while adult cycling workshops took place in Tubbercurry and Bunninadden. The natural resources of Union Wood and Cairns Wood hosted Mountain Bike Taster sessions for teenagers and adults. Local cycling clubs hosted leisure spins around Lough Gill and across the Ox Mountains and Coolaney Development Company hosted an under 6's Introduction to Cycling event in the local park. One event that proved it is never too late to learn something new was the Adult Learn to Cycle Lessons which took place for one hour every day during Bike Week. Men and Women, who had not been on bikes for over 30 years if at all took part and learned to cycle along the cycle trail facilities of Doorly Park and Cleveragh Regional Park in a safe environment.



One of the highlight events was the Family Bike Fest, which took place at IT Sligo Knocknarea Arena on Sunday 17th June. While the morning started off wet and cold it quickly cleared up and turned into a fantastic day of fun and enjoyment as children as young as 2 years got to grips with the skills and drills obstacle course. Not only did the children get to have fun but so too did the many adults who tried out the range of unique bikes on offer from a Penny Farthing to a Uni-Cycle. The day culminated with a 2km bike trail around the grounds of IT Sligo with each child receiving a Bike Week medal for their accomplishment. Bike Week is a national event coordinated locally by Sligo County Council and Sligo Sport and Recreation Partnership with support from many local cycling clubs and community organisations. The success of the week highlighted the fantastic facilities Sligo has on offer for cycling from cycle trails to parks and woodlands.



Ballymote Community Step into Action!

The Ballymote Beginners Walking Group was established as part of the Bunninadden Community Sports Hub Initiative. This walking group was set up in partnership with Get Ireland Walking, Sligo Sport and Recreation Partnership and the Ballymote Family Resource Centre. The Ballymote Beginners Walking Group is a newly formed group, since April 2018, and consists of approximately 10 members that meet weekly on Wednesday mornings at 10am at the Ballymote FRC for a leisurely walk around Ballymote. The group enjoy the social aspect of getting to know new people, getting up and out and getting active.

A Walking Leader has been accompanying the group to date with the group saying how enjoyable it has been to have a leader present on routes around the local area they were unfamiliar with.



One participant stated *"I enjoyed being out and about and visiting places that I never knew existed in Ballymote. We went out by Ballinascarrow Lake and all around there where I have never been before. I wouldn't feel safe walking out there on your own. I think that day of walking on your own is gone that's why it's great to have the group."*

If you are looking for a fun, social and an easy way to get active, why not join them! For more information on the Ballymote Beginners Walking Group please contact Niamh from the Ballymote FRC on 071 91 97818.

Get
Ireland
Walking 

Community Sport

Community Rowing Programme a Huge Success in Getting Rural Men Active

The New Year saw an exciting new Men's Only Indoor Rowing Fitness Programme piloted through the Sligo County Council LCDC Healthy Ireland initiative in two rural communities of Sligo, Geevagh and Ballintogher. SSRP guided by Rowing Ireland and in partnership with CLASP (Community Lough Arrow Social Project) facilitated the programme in both sites, with assistance from local GAA Clubs St. Michaels Ballintogher and Geevagh GAA Club and local community groups. The

classes filled to capacity at the registration evening with 54 men signed up and a waiting list developed for those who did not get a space. The programme, designed to offer a fun and social workout, really appealed to the public.

"The rowing sold it for me, something different"



"I look forward to coming down to it, my wife said to me one day I can't believe you're looking forward to going to a fitness class"

The indoor rowing fitness class is a 1-hour format set to music and combines rowing intervals with circuit-based exercises. This perfect balance of cardio, strength, and flexibility training gets every major muscle group involved and is designed to burn fat and improve cardio, strength and overall fitness. There is no need to have any experience with rowing as the instructor teaches you everything you need to know. The programme is suitable for all ability levels and is adaptable in order to meet the individual needs of each participant regardless of current fitness levels or age.

Participant feedback was very positive:

"You're not going to hurt yourself off it, you get a bit of legs, upper body the lungs working"

"The programme was fantastic, the structure, meeting my neighbours. I haven't trained physically for about 20 years so I said I'd give it a go and I really really enjoyed it."

"I was pretty unfit even though I was walking, I never pushed myself. I hadn't ran for 30 years and last weekend when I was recovering from the flu I started jogging again. It was the first time in 25/30 years I had actually jogged, I hadn't been able to prior to this."



After the initial 8 week programme the class was so popular that an additional 6 week programme took place before the group took a break for the summer.

Grange's Journey from Couch to 5k

For people who don't exercise it can be a very daunting decision to put on your trainers and run the local pavements, or join a club or gym, which is why Saint Molaise Gaels GAA Club Health & Wellbeing Committee wanted to start a Couch to 5k programme last January. The Health & Wellbeing Committee publicised the idea on Facebook and interest quickly grew. With support from SSRP, the committee ran 3 beginner running programmes catering for 55 men and women who all thoroughly enjoyed the programme saying *"Thank you for getting us off the couch, it's been a blast"* and another added *"it was great to have something so close to home, great cost and so much support from the leaders"*.

On completion of the 8 week programme, many of the members supported and encouraged each other to run as a group to complete their first 5k at the Grange 5k event held in April which was a fantastic achievement. Many community groups around the county were also supported by SSRP to set up Couch to 5k programmes including South Sligo Athletics Club, Skreen Dromard Community Centre and Ballinalack Community Park, who all provided a fun and supported way to their first 5k.



Community Sport

No Pedals needed to Get Going on Balance Bikes

Between February and March 2018 Sligo Sport and Recreation Partnership in partnership with Sligo County Childcare Committee piloted a new Balance Bike programme with three pre-schools in Sligo through funding provided from Sligo County Council LCDC Healthy Ireland initiative. Nine Pre School Teachers and over 60 children aged between 2 and 5 years participated in the programme and acquired the new skill of bike balancing. Following the success of this pilot an additional 3 pre-schools received training between May and June, with 13 teachers and 82 children completing the programme.



The Balance Bike Training is delivered on-site to pre-school teachers, under the direction of a qualified Cycling Instructor. The training aims to give pre-school teachers the knowledge, skills and confidence they need to effectively deliver, fun and practical sessions with children age 2 to 5 years. All pre-school teachers will receive lesson plans on the day that they can utilize with their class. Following training preschools will have the opportunity to avail of the use of 10 Balance Bikes and helmets that will remain on-site at the pre-school for a 2 week period and receive three follow on support hours from the Cycling Instructor to help with delivering the practical elements to the children. At the end of the 2 weeks each pre-school will get to keep 2 balance bike for ongoing use.



For more information about future courses, contact Theresa Kilgannon, Sligo Sport and Recreation Partnership at 0719161511 or theresa@sligosportandrecreation.ie

Summer Camp kicks off in West Sligo

West Sligo Family Resource Centre ran a successful summer camp at Dromore West Community Centre in July, where 40 children enjoyed an action packed Multi Sport session with SSRP coaches in the hall and on the Astro Turf. Great plans are now in place to support West Sligo Family Resource Centre to facilitate more Multi Sport sessions at their next camp, which takes place for the first time at Castleconnor Community Centre in August.



Northside Gets Active

SSRP has teamed up with many community partners to plan and support physical activity programmes for the Northside area. A snapshot of some of the great programmes include a new 10 week children's Multi Sport programme at O'Boyle Park involving over 30 children led by the Northside Community Playschool and After School, an indoor community football programme at the Knocknarea Arena with Glenview Stars to ensure youth members can continue to play during the winter months, a new 'Come & Try' Junior Sports Programme at the MUGA Pitch in Woodlands supported by the Ballytivnan Residents and Sligo County Council's Ballytivnan Project which had a brilliant response, as well as a new Green Gym programme at the outdoor gym at O'Boyle Park installed by Sligo County Council. SSRP's Green Gym programme provided qualified instructors to show locals how to use the equipment safely and correctly for 6 weeks, and to encourage the community to take advantage of this wonderful new facility. The facility is free and available 24 hours a day and allows everyone to enjoy all the benefits of exercise in the fresh air.



Active Schools

National Active Schools Week

Well done to all the schools who hosted their Active School's Week last term. The Department of Education & Skills and Healthy Ireland encourage all schools to organise an Active Schools 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. This year SSRP supported 2 schools in organising some of their activities during the week. Culfadda N.S. organised a Cycling skills taster sessions



for their pupils, while Calry NS held both Cricket and Tag Rugby taster sessions in their school which helped to introduce the children to new, fun sporting activities which is what Active School's Week is all about!

Upcoming Athletics Festival 2018



The much anticipated SSRP SuperValu Primary Schools Athletics Festival will take place on Thursday 20th of September 2018. This very popular annual athletics event is co-ordinated by Sligo Sport and Recreation Partnership and proves to be a great success each year with over 1000 primary school children from all over County Sligo travelling to the Athletics Arena at IT Sligo for a very enjoyable event. There will be opportunities for children to take on the individual 100m races, 200m races and the 100m and 200m relay events. The Fest is now heading for its fifteenth year and it continues to grow in popularity each year with the focus being on participation, fun and enjoyment. Certificates of Participation and event t-shirts will be presented to all

athletes on the day in recognition of their sporting effort. The Athletics Festival is kindly supported by SuperValu stores throughout County Sligo. Schools will be contacted in September 2018 with all relevant details of the event along with the application form through which they can enter their school.

Athletics for All

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. SSRPs Inclusive Indoor Athletics programme targets five local schools (St. Josephs, St. Cecilia's, Ransboro NS, Mercy Primary and St. Brendan's NS) and facilitates a high quality ten week Athletics programme focusing on 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 children involved experiencing significant improvements in their agility, balance and co-ordination. The event brings out the best in the children participating with many of them flourishing in both the physical, social and emotional development with children from different schools integrating with one another through sports participation.

Get Going Get Rowing Coming to Sligo

Michelle Carpenter Chief Executive Rowing Ireland joined staff from SSRP and girls from Sligo Rowing Club to launch the Get Going Get Rowing programme which will be rolled out in two secondary schools for the first time in County Sligo in September 2018. This national initiative funded under the Sport Ireland Women in Sport programme and co-ordinated nationally by Rowing Ireland. The aim of the programme is to encourage girls to get physical active through Rowing in a non competitive environment. The programme involves coaching sessions on ergometers and culminates with a Get Going Get Rowing Fest.



Active Schools

Celebrating International Women's Day at annual Girls Active Activity Festival

The annual Girls Active Activity Festival took place on International Women's Day, 8th March last with over 160 young women from across County Sligo arriving at the IT Sligo Knocknarea Arena to participate in a range of activities including Yoga, Zumba, Gym, Spinning, Piloxing, Orienteering, Curling and Martial Arts. Hosting the festival on this day was very fitting as the girls celebrated their year-long participation in the girls only 'Girls Active' Programme in their schools.



SSRP community coaches facilitated the activities while IT Sligo third year Health Science students volunteered at the Festival. Girls Active, a joint programme between the Health Services Executive and Sligo Sport and Recreation Partnership, is currently running in 11 secondary schools and training centres throughout County Sligo. Its aim is 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. Central to the success of the programme comes is 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.



Youth Sport West

Youth Sport West provides school-aged children with the opportunity to participate in a range of fun sporting activities. The 2017/2018 school year was a busy one for Youth Sport West with over 90 extracurricular sport and physical activity programmes delivered in a variety of sports and activities in 40 different schools. A total of 2,680 children (1,320 boys/1,347 girls) took part in this programme throughout the school year. This year, the Gymnastics programme proved to be one of the most popular school activities which offers children the opportunity to develop their flexibility, coordination, strength and balance and improve their general fitness for other sports.



A new and exciting activity that was enjoyed this year was Orienteering. Orienteering is a fun group activity that improves children's physical skills such as running, skipping, climbing, turning, jumping etc. and also builds cognitive skills like decision making and map reading. Orienteering is typically a team based activity therefore; it is excellent for developing children's teamwork and communication skills. Kilross N.S recently undertook one of their sessions in Union Wood. The children who enjoyed the Orienteering have the opportunity to join Sligo Orienteering Club which meets regularly at various Orienteering courses. To find out more information about the club visit: www.facebook.com/sligoorienteeringclub/.



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 Garda Vetted 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

The Sports Inclusion Disability (SIDO) Project facilitated by Sligo Sport and Recreation Partnership continued to expand and progress in 2018. Building an inclusive culture in sport and physical activity for people with disabilities throughout County Sligo is the fundamental aim of the project, ensuring that people with a disability are given the opportunity to participate in a sport and physical activity of their choice in an enjoyable and meaningful way.

NEW North West Stormers Junior Multi Sport Club

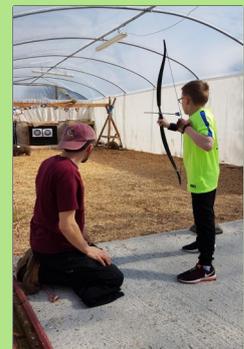
The ongoing development and growth of sports opportunities for people with disabilities in Sligo was further realised through the establishment of a new Junior Multi Sports Club for children with physical disabilities. The North West Stormers Club aims to develop and promote sport and physical activity opportunities for young people with a physical disability to enable them to reach their full potential. Established in March 2018 the club has already provided a range of sports activities to the current 8 young members including; Para Cycling, Athletics, Kayaking and Games for All.



Taking Aim at the Archery Have a Go Days

Archery is an activity that can be enjoyed by anyone and the Carrowmore Archers have been linking with SSRP on a regular basis to provide high quality, inclusive Archery Have a Go sessions for people of all ages and abilities. No matter what your ability or disability, if you'd like to try out the sport of Archery then why not come along to one of the monthly 'Have a Go' (HAG) days run by the club at their facility in Temple House, Ballymote.

For further information contact dickonwhitehead@gmail.com or shane@sligosportandrecreation.ie



'Enjoy Tennis' goes from strength to strength

The visually impaired Tennis programme initiated in 2017 in conjunction with Sligo Tennis Club has made great strides with two local players Jackie McBrearty and Stuart Haxell competing against the top players in the country. In March Jackie travelled to Belfast to play the number 1 and 2 players from Northern Ireland and only narrowly lost in both games, which was an incredible achievement given this was her first competitive match. Stuart went a step further beating the Northern Ireland number 1 in a tie break and only marginally losing to the Irish number 1 but this qualified him to take part in the Blind Tennis World Championships in Dublin in April. This was history in the making as it was the first time the Championships were held in Ireland.

The objective for 2018 is to recruit new players to build on the success so far, so if you have a visual impairment and would like to give it a go why not contact shane@sligosportandrecreation.ie for more information.



Sport for People with a Disability

Another successful year at the Surf 4 All Camp

Streedagh Beach at Grange, Co. Sligo provided the backdrop for the Sligo Surf 4 All 2018 programme. Over 20 participants with a diagnosis of Autism Spectrum Disorder were given the opportunity to access the sport of Surfing in a fun orientated, safe and positive environment. Supported by over 40 dedicated volunteers and a number of qualified beach and lifeguard instructors, the participants were supported through a number of sessions to experience surfing, with many doing so for the first time. Individuals on the Autism

Spectrum find the water soothing and therapeutic and Surfing is structured and systematic and really suits their individual needs. Previous participants of the camp have progressed to taking mainstream surf lessons and some are surfing on a regular basis thanks to the foundation knowledge and water confidence the Surf 4 All Camp

provided. Parents have given valuable feedback to the programme and are keen to praise the volunteers and the experience provided for their son or daughter. One parent of an 8 year old boy commented to the Camp Co-ordinator how it was "the best week of his life" and there was no other service where her son would get "A 3 to 1 ratio...all the positive attention is fantastic for him".



New Junior Para Cycling Initiative

The new Junior Para Cycling project initiated by SSRP through funding from Sligo County Council LCDC Healthy Ireland initiative proved to be a resounding success with 7 local children with physical disabilities taking part in a weekly cycling skills programme for an initial 8 weeks. The programme proved to be such a hit with the children (and parents) that it was extended for a

further 8 weeks and many of the children are continuing to ride their trikes and hand cycles on a regular basis. All of the young people involved



also attended the Family Fun Day cycle at the IT Sligo as part of National Bike Week 2018. For more information on the Junior Para Cycling programme contact shane@sligosportandrecreation.ie

Students lead Games for All

Third year students from the Institute of Technology Sligo collaborated with the SSRP Sports Inclusion Officer to enable over 40 individuals from various Adult

Intellectual Disability Services to engage in a range of activities and games designed to develop their fundamental movement skills. With a 1:1 student: participant ratio the programme is unique in offering each participant the opportunity to develop their agility, balance and co-ordination in a safe, supported and fun environment.



Active Seniors

Age No Barrier to Exercise

All adults, including older adults need at least 30 minutes of moderate exercise a day to remain in optimum health. Sligo Sport and Recreation Partnerships Seniors



initiative, which incorporates a range of 'Mature Movers' programmes and the annual Seniors Sports Festival, support older adults in Sligo to achieve this health recommendation. A variety of programmes targeting older adults were delivered in Sligo in 2018 with active age groups in **Keash, Gurteen, Geevagh, Cliffoney, Coolaney, Aclare, Banada, Tubbercurry, Skreen and Sligo Town** all participating in activities including Exercise to Music, Aerobics and Go for Life Games. The variety and spread of the programmes ensured older adults from across the County experienced the many health gains derived from participating in regular physical activity.



These benefits were reinforced through participants involvement in the Seniors Sports Festival held in June. The now annual event has grown in popularity with no less than 23 active age centres/ groups with 120 participants taking part in a day of age friendly activities incorporating Pilates, Dance, Archery, Go for Life Games and Boccia. The highlight of the day was a Curling competition which was keenly contested with the HSE Retired Persons Group emerging as the winners, while Skreen/ Dromard Community Care 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.



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

Women In Sport

555 Participant Places facilitated through Women's 5K Series



As part of our Women in Sport programme which aims to encourage women of all ages and abilities to become more physically active, Sligo Sport and Recreation Partnership has developed the Women's 5K Series as one of its flagship Women in Sport initiatives with 555 participant places facilitated throughout the Series. Sponsored by SuperValu, the Series targets females of all fitness levels and offers participants the opportunity to walk, jog or run the 5K distance at each of the 6 events held at various locations around Co. Sligo over 6 weeks. Regardless of ability or current fitness levels, the

series enables participants to monitor their progress over the course of the 6 events and provide the ideal opportunity to develop their fitness in a women's only environment. The host Athletic clubs for the events included Sligo AC, Calry AC, North Sligo AC, Tireragh AC, South Sligo AC and Ballymote AC.



Women Set Sail

Sligo Yacht Club was thrilled to receive support from SSRP for their



Women on Water programme, which has grown in demand over the last couple of years. This beginner sailing programme which took place over two weekends in June of this year provided a wonderful



opportunity to learn the sport of sailing from experienced sailing instructors, in a relaxed



environment along with other women. Based on the success of the programme, the club is now planning on continuing its sail training for both these participants and existing female club members who would like to try out Mirror sailing.

Traveller Women Spring into Action

Sligo Traveller Support Group 'Sprung into Action' in May with a new health and fitness programme supported by SSRP, rolled out at 2 sites including one in Sligo Town and one in Tubbercurry. The 6 week programme included a full health screen with a public health nurse, optional weekly weigh in, a weekly walking programme and circuit training sessions. The initiative aimed to improve Traveller Women's health and well-being at local level, with an accessible and supported programme.



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 2018, the Partnership has supported coach education/club training initiatives across a range of sports including Rounders, GAA, Gymnastics, Hockey, and Ladies GAA.

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

Child Welfare and Protection in Sport; Safeguarding Training

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



There are three stages in the Child Welfare and Protection 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 2018, SSRP delivered 9 Awareness workshops with 139 coaches and volunteers trained. SSRP has also facilitated 31 Safeguarding 1 course for Sligo GAA Clubs across the county resulting in 492 coaches/volunteers receiving training. SSRP Safeguarding 1 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 34 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. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to the relevant authorities and organisations. All those wishing to undertake Safeguarding 3 must have completed Safeguarding 1 and undertake the DLP course within 6 months of taking up the role of DLP. To date in 2018 SSRP held 2 Designated Liaison Person workshops with 26 participants.

For more information or to enquire about upcoming training contact us at Tele: 071-91 61511.

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

Education and Training

21 Coaches Highly Motivated by new 'Coaching Children' Workshop Series

"I feel all coaches should attend this course. All adults involved with kids should attend as well" "It was a really enjoyable course to be part of and so well delivered. I would gladly say it was one of the best courses I have done" Coach/ Participant. This was just some of the feedback received from coaches who attended the 'Coaching Children' Workshop Series held over four Mondays in February and March. A range of sports including Martial Arts, Swimming, Kayaking, Boxing, Athletics to name a few, were represented by the 21 coaches from across County Sligo who completed the Coaching Ireland – Coaching Children Workshop Series. Sligo Sport and Recreation Partnership delivered the series through the Sligo County Council LCDC Healthy Ireland initiative. The Coaching Children Workshop Series, developed by Coaching Ireland, contains four workshops, specifically to provide coaches with a basic understanding of children's sport and physical activity and best ways to optimise children's enjoyment, participation and positive outcomes. Each workshop is 3 hours in duration and is a combination of theory and practical learning, with games covering balance, co-ordination, speed, agility and inclusion. SSRP trained 2 tutors in order to facilitate the workshops. The 21 coaches received their certificates at the presentation evening in the Riverside Hotel on 26th March. They will be bringing the knowledge they gained through the Series back to their clubs and coaching sessions. For more information about future courses, contact Theresa Kilgannon, Sligo Sport and Recreation Partnership at 0719161511 or theresa@sligosportandrecreation.ie.



Building Capacity to Make Sport Everyone's Game.

The Disability Inclusion through Sport training workshop continues to build the capacity of local coaches, sports leaders, teachers and volunteers to deliver high quality, inclusive and adapted physical activity and sports sessions for people with disabilities. The 6 hour course is designed to give attendees the ideas and confidence to adapt their sessions to make them more inclusive for participants with a disability. The course, which involves both theory and practical elements, also examines various perceptions and experiences in relation to sport and physical activity for people with disabilities and looks at disability awareness in relation to legislation, communication and potential barriers to participation. Sixteen people attended the latest workshop held in March, highlighting the sustained 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, 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. Following the training, the SSRP Sports Inclusion Disability Officer will continue to work closely with these sports clubs and organisations to improve access and programming for people with disabilities. 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.



Become a Simply Street Leader

SSRP will facilitate a Simply Street Leader course on the 22nd and 23rd September to train local coaches, instructors, youth leaders and School teachers interested in delivering dance programmes in School and community settings. This 2 day course will equip you to deliver pre-choreographed routines and also learn how to plan and deliver simply street routines. Limited places apply. For more information on the course please email diane@sligosportandrecreation.ie.

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

Calendar of Events

2018 SSRP CALENDAR OF EVENTS & TRAINING

DATE	EVENT/COURSE	TIME	VENUE/CONTACT
AUGUST			
Ongoing until Wed 29 th August	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
22 nd and 23 rd September	Simply Street Dance Leader Course	10am-4.30pm	Contact SSRP for details 07191 61511 diane@sligosportandrecreation.ie
18 th September	Go for Life Grants Application Workshop	2.30pm-4.30pm	Sligo Park Hotel
Date TBC	Child Protection Safeguarding 1 (Awareness) training	6.30-9.30pm	Sligo Education Centre Ballinode Contact SSRP for details 07191 61511
20 th September	Super Valu Primary Schools Athletics Fest	10am – 2pm	IT Sligo Athletics Track Contact SSRP for details 07191 61511
29 th September	Ladies Tour of Lough Gill	10am	Contact Innisfree Wheelers www.innisfreewheelers.com
OCTOBER			
6 th October	Ladies Try-a-Tri Event	TBC	Sligo Regional Sports Centre womentrisligo@gmail.com
4 WALKS TBC	Autumn Adventure Walking Series	TBC	Contact SSRP for details 0719161511
Date TBC	Autism & Sport Workshop	TBC	Contact SSRP for details 07191 61511
Date TBC	AI Level 1 Athletics Course	TBC	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
Date TBC	Disability Inclusion Training	TBC	Contact SSRP for details 07191 61511
Date TBC	Physical Literacy Workshop	TBC	Contact SSRP for details 0719161511
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

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 its SSRP Coach Database and anybody wishing to obtain further information on this opportunity can contact SSRP for further details at 071 9161511 or Info@sligosportandrecreation.ie



**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 its SSRP Coach Database and anybody wishing to obtain further information on this opportunity can contact SSRP for further details at 071 9161511 or info@sligosportandrecreation.ie

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

MSL ETB Offices,
Quay Street, Sligo

Tele: 071 91 61511
info@sligosportandrecreation.ie
www.sligosportandrecreation.ie