

**The Newsletter of  
Sligo Sport and Recreation Partnership**

**January  
2019**

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Sligo Sport and Recreation Partnership recently launched its new strategy **'Building a Culture of Sport and Physical Activity 2018 – 2023'**. The new 6 year plan will focus on the next phase of SSRP's work and has four main goals:

**Increase Participation, Build Capacity, Enhance Communications and Strengthen the Organisation.**

The launch took place at County Hall, Sligo County Council with over one hundred people in attendance representing the many target groups, clubs, communities and agencies with which the Partnership works. John Treacy Chief Executive of Sport Ireland was in Sligo to officially launch the plan.



Club members from Dynamo Gymnastics Club and Easkey Rounders Club pictured with International Swimmer Mona McSharry and Sport Ireland's John Treacy

*For more on the official launch see page 2 inside...*



**Fantastic Support for Operation Transformation National Leader and Tubbercurry native Paul Murphy...**

Over 900 supporters from Tubbercurry and surrounding areas were out in force on Sat 12th January last to support OT Leader Paul Murphy as part of the Operation Transformation Nationwide walks.



*For more see page 3 inside...*

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

### SSRP launches new Strategic Plan...

John Treacy, Chief Executive of Sport Ireland was in Sligo in December to launch the Sligo Sport and Recreation Partnership's new strategy 'Building a Culture of Sport and Physical Activity 2018 - 2023'.

Leas Cathaoirleach Cllr. Paul Taylor and SSRP Board member was on hand to welcome over one hundred people representing the many target groups, clubs, communities and agencies with which the Partnership works. Máire Mc Callion, Chairperson of SSRP outlined that the next phase of the SSRP work will focus on four goals – Increase Participation, Build Capacity, Enhance Communications and Strengthen the Organisation. She signalled the intent of the SSRP to continue to work in a co-ordinated and integrated way with sporting groups and local agencies. Ciaran Hayes, Chief Executive Sligo County Council spoke of the valuable contribution sport makes to quality of life.

In launching the plan John Treacy was highly complementary of the work of SSRP and all the sporting groups on the ground in Sligo stating "The vision Sport Ireland had for Local Sports Partnerships at the outset is truly being realised in Sligo through the collaborative engagement involving all partners with Sligo Sport and Recreation Partnership playing a leadership role".

A highlight of the evening was the viewing of a video compiled by SSRP which captured a diverse range of community sports programmes which it supports.

The new Strategic Plan is available to view and to download from the SSRP website [www.sligosportandrecreation.ie](http://www.sligosportandrecreation.ie)



Members of local Outdoor Recreational Clubs Gavin Conlon, William Britton, John Treacy Sport Ireland, Brendan Timon, Deirdre Lavin, Theresa Kilgannon, Rory Clarke & Tommy Craddock.



Members of Sligo City Boxing Club Paddy Myers & Thomas Myers and Stephen Reynolds of Ballincarrow Boxing Club with Maire McCallion SSRP and Sport Ireland's John Treacy



Representatives from the Bunninnadden Community Sports Hub with SSRP Co-ordinator Deirdre Lavin, Sport Ireland's John Treacy and local Public Representatives.



The SSRP Board of Directors launching the new Strategic Plan with John Treacy of Sport Ireland.

## Some Recent SSRP News

### Operation Transformation Sligo Walks attract 1,100 walkers

There was a huge turnout of walkers from the Tubbercurry and surrounding community to support Paul Murphy the first ever Operation Transformation national leader from Sligo at the Tubbercurry 5K walk which was part of the nationwide walks. Nine hundred walkers of all ages and fitness levels took part. Special guest in attendance was Dr Sumi Dunne the doctor involved in the RTE OT programme who walked the 5K alongside Paul, his family and the enthusiastic and supportive Tubbercurry community. Great community support was evident with South Sligo Athletic Club to the forefront in supporting SSRP in organising the walk. As a follow on and throughout January and February Tubbercurry GAA club are supporting Paul Murphy on his Operation Transformation journey by becoming involved in the Ireland Lights Up campaign with a weekly walk starting from Tubbercurry GAA club each Thursday night at 7pm.



Meanwhile, over 200 walkers turned up to step it out on the Sligo walk involving a 4K walk along the scenic Doorly Park walking trail. Similarly, this event received great support from volunteers, local walking clubs and safety organisations.



## Club Development

Sligo Sport and Recreation Partnership is working in partnership with a number of minority National Governing Bodies of Sport and local sports clubs in Sligo to promote and develop their sport with the goal of increasing participation in sport and physical activity while also building capacity within the clubs.

### A passion for cricket keeping the sport alive in Sligo



County Sligo Cricket Club and Sligo Sport and Recreation Partnership were delighted to welcome Elaine Nolan, Participation Director from Cricket Ireland to Sligo to discuss and plan a club development project addressing improving playing facilities, coach and umpire education, Connacht League fixtures and club governance. The club, now in its tenth year in existence, continues to develop and grow and it's all down to the hard work of a small number of volunteers. A huge milestone came in 2011, when the club came to an

agreement with Sligo Racecourse to allow them to stage their training and home games there, and raised funds to lay an artificial pitch at the grounds. The club, who currently have 24 members from a range of nationalities, are now looking forward to furthering the development of Cricket in 2019.

### Hockey Popularity on the Rise

Yeats County Hockey Club and Sligo Sport and Recreation Partnership met with Hockey Ireland's Development Officer to discuss the development of Hockey in Sligo, which positively resulted in hosting a Fundamental Coaching Course at the Ursuline Convent in December involving 21 club coaches, parents and clubs members who can now coach and assist at the club. The course was delivered by Phil Oakley, Hockey Ireland's Coach Education Manager, and supported by local Level 2 Hockey Ireland coach, Elaine McDermott. A club coach noted 'This course was of great benefit to us, to build our capacity locally to deliver good quality coaching sessions, a thoroughly enjoyable course with good presentations and practical sessions'.



### Exciting opportunity for Climbing

Sligo Climbing Club are currently involved in a Club Development Project with SSRP and Mountaineering Ireland. Mountaineering Ireland's Climbing Officer and Membership Development Officer visited Sligo in December to meet with Sligo Climbing Club and SSRP to make plans for 2019 to help develop the clubs structure, governance, coach training and look at other opportunities to make the club stronger to build the sport of climbing in Sligo.

Through this project, there will be opportunities for members of Sligo Climbing Club to take part in training days to develop fundamental climbing skills to improve their climbing knowledge and experience.

There will opportunities for anyone interested in trying climbing to get a taste of it at open days & events throughout the year.

**For further information on Sligo Climbing Club, contact [sligoclimbingclub@gmail.com](mailto:sligoclimbingclub@gmail.com)**



## Club Development

### Table Tennis Road Show—a great success!

The Table Tennis Road Show kicked off on Monday 3<sup>rd</sup> and Tuesday 4<sup>th</sup> of December last with Jing Yi Graham from Table Tennis Ireland. The Road Show involved Jing Yi, Sligo Sport and Recreation Partnership and Bunninadden Table Tennis Club working in partnership at 9 locations around County Sligo in which Jing Yi explained the basics of Table Tennis and gave participants an opportunity to give Table Tennis a try.

The first stop of day one was in Scoil Naisiunta Realt na Mara, Rosses Point where 50 children were given the opportunity to give Table Tennis a try. The next stop was Colaiste Iasaigh where various classes involving approximately 50 students learned all about the basic skills and rules of Table Tennis and were given the opportunity to take on Jing Yi in a game. Then onto Skreen Schoolhouse to provide the people of Skreen with a taster session and help revive Table Tennis again in the Skreen area.



The final stop of day one was in the North Sligo Sports Centre in Grange where there was a great turn out of both children and adults returning to Table Tennis after many years.

Day two started in Killavil NS with approximately 25 children and 2 teachers. Jing

Yi demonstrated that you don't need to have expensive equipment to play Table Tennis as she used a frying pan and a regular school table with a net for this taster session! The whole school took part from 5 year olds up to 12 years.



Stop two was the Holy Family Tubbercurry where there was a great mix of boys and girls. Jing Yi explained the various handgrips, scoring system etc. of Table Tennis. Stop three was at Colaiste Mhuire Ballymote where they had the 3 Table Tennis Tables set up for approximately 70 students. David from Bunninadden Table Tennis Club demonstrated multi-ball with Jing Yi, and the students were all given the opportunity to have a game. A local community Table Tennis enthusiast also attended to speak to the students regarding

opportunities for after school Table Tennis every Thursday.

The next stop was in the Cooper Memorial Hall, Riverstown where there are two brand new Table Tennis tables, bats and balls. Here there were participants from 6 years to 80 years. Alan Taylor from Bunninadden Table Tennis Club tested Jing Yi in a game to demonstrate the game of Table Tennis played at a high level.



The final stop of the Table Tennis Road Show was in the Sligo Grammar School which is linked with the Sligo City Table Tennis Club. There was an excellent gathering of people here of all ages and abilities. Thank you to all the hosts of the Table Tennis Road Show, to Jing Yi for her expertise and to Bunninadden Table Tennis players for their demonstrations and sharing of skills throughout the two days. Jing Yi will be returning to Sligo

in April 2019 to deliver two Introductory Table Tennis Coaching Courses. This will be a 3 hour course for teachers, community people, Table Tennis players etc. **To book your place please contact Denise at 07191 61511 or [denise@sligosportandrecreation.ie](mailto:denise@sligosportandrecreation.ie).**

## 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, Cranmore Regeneration Project, Sligo County Council and HSE. Below are some of the key highlights of projects delivered in Sligo East City area.

### The Abbeyquarter Community Centre welcomes home Boxing Champion

The Cranmore Community came together to celebrate and recognise the great achievement by Sligo City Boxing Club member and local boxer Patrick Myers who represented Ireland at the European Junior Boxing Championships in Russia last October and returned home with a Silver Medal. SSRP's Community Sport Development Officer, who co-ordinates the Sligo East City Community Sports Hub Initiative congratulated the club and Patrick on their dedication and commitment to their sport as well as their recent success. Patrick's family, friends, coaches, local supporters and community organisations were out in force to welcome home their local champion, who did his club, community and country proud. Sligo City Boxing Club is open to new members with training every Tuesday and Friday from 6-7pm at the Abbeyquarter Community Centre.



### Walking their way into 2019....

Sligo East City Community Walking Group finished up their year of walking with a Christmas lunch at the Riverside Hotel. Check out their schedule which is set for the coming term starting from Thursday 17<sup>th</sup> January. They would love new members to come along and join their friendly informal community walking group in 2019.

Sligo East City Community Walking Group

**Come Join Us**

Every Thursday mornings at 10.15am  
Meet at the Riverside Hotel Reception  
to enjoy a weekly walk on flat terrain  
along Doorly Park

**NEW MEMBERS ALWAYS WELCOME**

followed by Tea/Coffee & Scones at 11.30am at the Riverside Hotel for €2 pp  
For more information contact Sligo Sport and Recreation Partnership 0719161511

SLIGO SPORT & RECREATION PARTNERSHIP  
SPORT IRELAND

Cranmore  
Riverside  
ciste na gcuntas diomhaoin  
The dormant accounts fund

SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS



## Sligo East City Community Sports Hub

### Lawn Bowls still going strong at Cleveragh Regional Park

Sligo Lawn Bowls Club celebrated another great season finishing up with their summer league presentation evening at the Riverside Hotel on the 25<sup>th</sup> September. Congratulations to all the competitors and winners in the various categories including the Singles, Doubles and Trebles Finals. The club are now gearing up for a new year of Lawn Bowls with club training sessions every Tuesday and Thursday from 2.00pm - 4.00pm and Saturdays from 10.30am -12.30pm. Check out their facebook page @sligobowls for more information.



### St. John's GAA Club Gearing up for a new season

St. John's GAA Club have been busy planning their year ahead which kick starts with their underage indoor programme starting the 3<sup>rd</sup> February at the Sports Complex and Sligo Tennis Club. The club have developed strong links with the local Schools and community groups with support from the SSRP Community Sports Hub project to encourage youth from Cranmore and Caltragh communities to participate in their 2019 programme. Youth from the East City area can register their place through the Cranmore Co-operative Society and youth from the Caltragh Crescent and Rusheen Ard Caltragh Crescent can register at 13 Caltragh Crescent before the programme commences.

### 'Bright Minds' After School Gets Active!



SSRP was delighted to support a new After School, 'Bright Minds' based at the Avalon Centre to set up a new 6 week Multi Sport programme from November to December facilitated by a SSRP coach to help encourage youth to get active, and also providing support and advice to staff to lead a fun physical activity programme. In addition to this, 5 staff members completed the Active Leadership Award training held in November to develop the necessary knowledge and skills to plan, organise and lead the delivery of a safe activity session, so they are now well on their way to sustaining a fun physical activity programme at their centre.

**ST JOHN'S GAA**  
EST. 1987

**GAEIC FOOTBALL ACADEMY 2019**  
6 Week Football Coaching Program - Indoor

**Boys Starting: Sunday 3rd February 2019 to 10th March**

Boys: U8 (Born 2011 To 2012) - 2-3pm  
Boys: U10 (Born 2009 To 2010) - 3-4pm

**Girls Starting: Sunday 3rd February 2019 to 10th March**

Girls: U8 / U10 (Born 2009/2010/2011/2012) - 4-5pm  
Girls: U12 / U14 (Born 2005/2006/2007/2008) - 5-6pm

Venue: The Sports Complex, Cleveragh, Sligo  
Cost: Free To Club Members. New members always welcome  
Registration: 15mins Before Each Session

**REGISTRATION**  
15 mins before each session  
Email: Stjohnsgaaacademy@gmail.com  
Text: 087-676 0277 (Fergal - Boys) 086-234 2302 (Liam - Girls)

**ST JOHN'S GAA**  
EST. 1987

**GAEIC FOOTBALL ACADEMY 2019**  
4 Week Football Coaching Program - Indoor

**Boys Starting: Sunday 2nd February 2019 to 23rd February**

Boys: U12 (Born 2007 To 2008) - 3-4pm  
Boys: U14 (Born 2005 To 2006) - 4-5pm

Venue: Sligo Tennis Club, Old Bundoran Road, Sligo  
Cost: Free To Club Members. New members always welcome  
Registration: 15mins Before Each Session

**REGISTRATION**  
15 mins before each session  
Email: Stjohnsgaaacademy@gmail.com  
Text: 087-676 0277 (Fergal - Boys)

## 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 and surrounding areas. 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. 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. 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 between August and December 2018.

### Fitness is on track at Ballinalack

An Adults 'Meet & Train' programme takes place every Monday and Thursday from 8-9pm in Ballinalack Community Park. Ballinalack Community Park is an excellent facility with a lit up pathway around the park, a playground, football pitches and recently built outdoor gym as part of the Community Hub. 'Meet & Train' is a mixed gender programme which involves both an outdoor gym and running/walking element.

For more information contact Fiona on 087 2046245.



### Ballymote Youth enjoy Yoga

In September 2018, Sligo Sport and Recreation Partnership linked with Ballymote FRC to pilot a new Children's Yoga programme in the Ballymote Family Resource Centre.

The children tried various breathing techniques, physical poses, partner work, singing games and relaxation to stimulate the mind. The classes were fun, non-competitive and helped the children build their self-esteem and develop flexibility and strength.

Based on the levels of enjoyment, positive feedback and high levels of interest in the activity from the Ballymote youth, the Yoga programme is restarting again for the New Year with an additional hour added each week to meet the demands.



## Bunninadden Community Sports Hub

### Intergenerational Bunninadden Boules



Bunninadden NS enjoyed a weekly Boules programme as part of Youth Sport West at the new Boules lane at the Bunninadden Community Centre. The children and their teachers had the opportunity to learn the basic rules of Boules and every child was given the opportunity to have a game. Boules is a great fun activity that is suitable for all ages and abilities and is open to all at the Bunninadden Community Centre.



The Boules lane was developed as part of the Bunninadden Community Sports Hub.



### Women's Fitness

In November SSRP piloted a Women's Zumba programme in the Bunninadden Sports & Leisure Centre which took place every Tuesday involving over 30 women. Ladies of all ages and abilities came together and really enjoyed the vibrant, fun and energetic dance. This Zumba programme is now sustained in Tubbercurry. A new women's fitness programme will be coming soon to Bunninadden!

### Smashing Badminton in Bunninadden

Adults Social Badminton takes place every Monday from 9-10pm in Bunninadden Community Centre. This is a great social evening for the winter months. It was great to see so many people dusting off their rackets and returning to the sport after many years. For more information contact Pauline on 07191 83241.



### Table Tennis 'Women in Sport' Camp

SSRP supported Bunninadden Table Tennis Club in hosting a Table Tennis Women in Sport Camp in conjunction with Table Tennis Ireland and Table Tennis Connaught in the Bunninadden Community Centre on Wednesday the 31<sup>st</sup> October involving 20 women/girls. This was a great opportunity to promote Table Tennis with the main theme being to increase participation of girls/women in Table Tennis. Jing Yi demonstrated how much fun Table Tennis can be for women of all ages and abilities. Well done to Alan Taylor and the Bunninadden Table Tennis Club on hosting a great day's entertainment for all.

## 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 over the second half of 2018.

### Sligo Schools Kayak Competition for all Levels

On Monday 22<sup>nd</sup> October the Call of the Wild Sligo Schools Kayak Competition in association with Sligo Sport and Recreation Partnership as part of the Urban Outdoor Adventure Initiative took place on the Garavogue River in Sligo. This event, organised by Sligo Grammar School Kayak Club, saw a record 46 students from five schools take part in a series of Kayak races in beautiful autumnal weather. Many newcomers and some experienced Kayakers took part. For both the Ursuline College and Sligo Community Training Centre, it was their first time to take part in this event, only having started Kayaking in 2018 through the Urban Outdoor Adventure Initiative.



Wild Wet Adventures company generously sponsored the Ursuline College's use of kayaks, wetsuits and safety equipment for the event, with Sligo Grammar School Kayak Club supporting Sligo CTC students. Presentation of medals and t-shirts, kindly sponsored by Call of the Wild, took place afterwards at the Sligo Grammar School Kayak Clubhouse. As a touching tribute to the late Alex McGourty his family kindly presented his Liffey Descent Boat to the winning school, Summerhill College. They will have use of the boat for one year, until its return for presentation to next year's winning school. Students would not have had the opportunity to take part in this initiative without the dedication of the teachers who give up their free time to run the after school Kayak clubs and activities.

### Tubbercurry youths take to the water

On the 29<sup>th</sup> August a Kayaking taster session took place in Tubbercurry for young people aged between 8 and 17 years. This event received a great response with 26 young people taking up the opportunity to try out Kayaking for the first time in their local area. Keep an eye out for more opportunities to get involved this year by following Sligo Sport and Recreation on facebook, twitter and instagram.



## Urban Outdoor Adventure

### Fabulous Winter Weather for Walking Series

The Winter Adventure Walk Series took place between October and November with a programme of four family friendly free walks that explored Sligo's wonderful Woodlands, Trails and Mountains. Each walk was given a theme to capture the imagination of the children as they explored the outdoors walking trails. They included:



**Stories' from the Forest** was a woodland walk through Union Wood on Halloween weekend. It took participants off trail through the forest at points to hike to the top of Union Rock for panoramic views of Sligo, while hearing many interesting and some spooky stories along the way!

**Choc'narea** was a Mountain Hike up Knocknarea.

Participants hiked to the top of Knocknarea where they walked around Queen Maeve's Grave to take in the stunning coastal views of Strandhill and Benbulbin. On their return to the foot of the mountain, everyone was treated to a warm hot chocolate to enjoy!



**Goin' on a Bear Hunt** was an Orienteering Challenge in the beautiful Hazelwood forest. Participants followed an orienteering course through the forest, finding all the markers before returning home to find the bear and take a selfie with him to earn their surprise!

**Cool to Clean** was a Woodland Walk in Cairns Wood. This walk encouraged participants to look after the trails and natural resources in

Sligo. Gloves, litter pickers and bags were supplied on the day making it cool to clean up the forest trail as we walked along.



### Social Rowing



Rowing is a great way to get active with friends in a relaxed and scenic outdoor environment and the new Social Rowing Club within Sligo Rowing Club has gone from strength to strength. Last year a number of 'Learn to Row' courses took place, where people were introduced to Rowing and gained the skills and knowledge needed to earn their rowing passport, and join the social Rowing group. This initiative will be running again in 2019 and courses are set to start up and run throughout the year. For further information on this contact Ray Murtagh in Sligo Rowing Club at [sligosocialrowing@gmail.com](mailto:sligosocialrowing@gmail.com) or 083 4273080.

### Schools Get Rowing with 'Get Going- Get Rowing'

'Get Going Get Rowing' is an initiative by Rowing Ireland together with Sport Irelands' Women in Sport programme. It aims to introduce students to a new sport of indoor rowing and give them a pathway for life to continued participation. The classes are structured but fun and include rowing whilst learning the Olympic values of respect, dignity and fair-play. Two schools, Ballinode College and Mercy College Sligo took part in the programme with 142 students participating. The programme was delivered by specially trained coaches from the Get Going Get Rowing programme. Over the 6 weeks students took part in specially designed classes to improve their rowing technique through fun games and relays. The programme proved to be very popular with this feedback from the students who participated...



*"The program was actually really enjoyable"*

*"It was good to get the opportunity to do something outside of the usual PE syllabus"*

## Outdoor Recreation

### West Sligo youths get a taste for Cycling

Children from West Sligo got an opportunity to take part in a taster cycling skills workshop before Christmas. The fun cycling taster was organised for children aged 7 to 12 years by the West Sligo Family Resource Centre with support from SSRP as part of the Sligo County Council LCDC Healthy Ireland initiative. The children got a taster of drills to improve their Balance, Pedalling, Braking and Cornering and were taught by qualified cycling Instructors. All the cycling takes place in an enclosed and safe environment.

**A weekly cycling programme will be starting on 16th February 2019 from 11.30am - 1pm for four weeks with West Sligo FRC.**



### Coolaney National Mountain Bike Centre is underway

Minister for Rural and Community Development, Michael Ring turning the sod at Coolaney forest on November 15th, 2018 for the new National Mountain Bike Centre. Coillte, in partnership with Sligo County Council and supported by Coolaney Development Company and North West Mountain Bike club are working in partnership to deliver the project which when complete, will see over 70kms of trails. This is an exciting flagship project for the North-west Region and in addition to being a boost for tourism and the local economy, it will also create fantastic opportunities for people become more physically active through the sport of Mountain Biking.



### Tubbercurry Stride for Life

Tubbercurry Stride for Life is delivered in partnership with Get Ireland Walking, the Irish Cancer Society, Sligo Cancer Support Services and Sligo Sport and Recreation Partnership. This programme is targeted at individuals who are in recovery from cancer. It aims to

increase their level of fitness to where they can help reduce their risk of recurrence,

improve their health and quality of life and provide a social setting in which individuals can converse with other cancer survivors and share their journeys. The group meet at the South Sligo Cancer Support Services located in Tubbercurry for a walk every Tuesday from 12-1pm. If you are a cancer survivor living in South Sligo and would like to hear more information.



### Exciting Walks Development News

Minister for Rural and Community Development, Michael Ring, TD, has announced that funding of €225,000 has been allocated to develop four public walks in County Sligo under the 2019 Outdoor Recreation Scheme. These walks are the Killaspugbrone Coastal Trail in Strandhill, Knocknashee Walking Trail, Lady Ann Trail and Aughris Head Walking Trail. This is very welcome news and is a major boost to the local community groups who have been working with Sligo County Council to bring these projects to fruition. The continuing development of recreational infrastructure and outdoor amenities throughout the county ensures safe spaces are available off road for people to enjoy recreational walking.

**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 ...[www.sligowalks.ie](http://www.sligowalks.ie).**



## Community Sport

### Women's Groups Getting Active

We had a fun packed morning with Coolaney Women's Group & Tubbercurry Women's Group members who all enjoyed taster sessions of Chair-based exercises, a fun Dance session, a leisurely walk, as well as challenging Kurling and Boccia Games, as part of their Sports Come & Try Day led by Tubbercurry Family Resource Centre. These Women's groups form great friendships and have become a major source of fun, entertainment, sharing, and support for group members. Both groups are now eager to lead out on physical activity programmes in 2019.



### Promoting Activity in Early Years

SSRP in partnership with the County Childcare Committee supported through the CYPSC Healthy Ireland fund are delivering a specially designed balance bike programme for pre-schools. The Balance Bike programme is for children aged 2 to 5 years and is the fundamental starting point for children's cycling and an excellent opportunity to promote active lifestyles at the earliest possible age.

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 3 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 3 weeks each pre-school will get to keep 2 balance bike for ongoing use. The training will be rolled out with 6 pre-schools between January and March 2019.



## Community Sport

### Communities Get Active with Operation Transformation

SSRP is encouraging and supporting communities to get active for 2018 with a number of Operation Transformation initiatives supported throughout the County.

#### Operation Transformation St. Angela's Style

Great to see St. Angela's College making movement and exercise a part of everyday life within the College, officially launching their new outdoor gym equipment, Lakeview walk and their new Operation Transformation programme on 16<sup>th</sup> January 2019 by Dr. Taheny, President of St Angela's College. The college is putting a St. Angela's twist on the popular national television and radio programme, with a weekly fitness class and an organised walk, weekly weigh ins, healthy cookery demonstrations promoting the OT food programme, all supported by a weekly bus to a local supermarket to support students in making healthy shopping options. St. Angela's College is the ideal setting for this programme, with the Student Union Office, Home Economics and Nursing Staff all working together to encourage staff and students to get active and healthy for the year ahead.



#### St John's GAA Club hosting Operation Transformation

Such was the success of the St John's GAA club Operation Transformation initiative first hosted in 2018 the club have decided to repeat the programme for 2019 with 70 participants signed up to take part in weekly fitness classes, pilates, bootcamp and walking. Participants are also being encouraged to join the weekly Sligo parkrun which takes place on the doorstep of the club in Doorly Park.

#### Gurteen Operation Transformation



Gurteen Operation Transformation is going from strength to strength each year with over 100 adults signing up for the 2019 Gurteen Operation Transformation programme which is being facilitated by Eastern Harps GAA Club. An extensive programme of physical activity is on over 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 .

## Active Schools

### Girls Active grows in numbers

The Girls Active programme welcomed two new schools on board for the 2018/2019 school year, Coola Post Primary and Sligo Grammar School. There are now 13 schools, Youth Reach and CTC Training Centre involved in the Girls Active programme within County Sligo, creating opportunities for teenage girls to access non-competitive sports and physical activities in an extra-curricular setting.



### 1,200 children take part in SSRP SuperValu Athletics Fest 2018

The annual SuperValu Primary Schools Athletics Fest took place on Thursday 20<sup>th</sup> of September and once again proved to be a huge success with a record number of schools and participants enjoying a great event at the Athletics Arena at IT Sligo.



Over 1,200 primary school children representing 47 primary schools from all over County Sligo took part. There were both relay races and individual races for both boys and girls on the day. This gave children the chance to run as part of a team and it also was a great opportunity for individual runners to take on the challenge of the longer 200m distance.



The event is now in its fifteenth year and continues to grow in popularity with the focus being on participation, fun and enjoyment. Certificates of Participation and event t shirts were presented to all athletes in recognition of their sporting effort.

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.

### The Daily Mile

'The Daily Mile' is a simple and free initiative that gets children out of the classroom for 15 minutes every day to run, walk or jog at their own pace with their classmates, making them fitter, healthier, and more able to concentrate in the classroom. SSRP recently launched 'The Daily Mile' with Ardkeeran NS and teacher Ms Mc Dermott. The children stated how they are really enjoying the initiative because it's *"great to get out of the classroom for 15 minutes of freedom everyday"*, *"it makes me feel fitter and happier"* and *"when I go back into the classroom I am ready to learn"*. The Daily Mile initiative is being successfully implemented in a number of schools throughout the County. Sligo Sligo Sport and Recreation Partnership are encouraging all schools to give 'The Daily Mile' a try. If any school is looking for any support in delivering 'The Daily Mile' please contact [denise@sligosportandrecreation.ie](mailto:denise@sligosportandrecreation.ie).



## Active Schools

### Youth Sport West

Youth Sport West provides school-aged children with the opportunity to participate in a range of fun sporting activities. The 2018/2019 school year was a busy one for Youth Sport West with 43 extracurricular sport and physical activity programmes delivered in a variety of sports and activities in 24 different schools with 1,457 children taking part from September to December.



This year, Gymnastics has proven to be one of the most popular school activities which offers children the opportunity to develop their flexibility, co ordination, strength, balance, and improves their general fitness for other sports. Also, Dance is another fun and individual based activity that has become very popular in school this year.

### 'Ready to go Orienteering' Course

'Ready to Go Orienteering' is an Irish Orienteering Association initiative that is partly financed by the Dormant Accounts Fund to introduce and promote Orienteering into schools. 'Ready to go Orienteering' took place in Sligo in November with 17 primary school teachers and SSRP coaches attending. The DEIS schools who attended the course received a free customised orienteering map of their school grounds along with a resource pack including games cards, simple maps, orienteering punches and control flags.



The course provided the teachers with knowledge of how to introduce the Outdoor and Adventure school curriculum through Orienteering. This has now given teachers the confidence to introduce their pupils to the basic skills of orienteering in a fun and exciting way. There was very wet and windy weather conditions on the day but it didn't dampen the spirits of the participants. For any school that was unable to attend on the day SSRP have qualified Orienteering instructors who are available to deliver a Youth Sport West Orienteering Course in your school so that you can learn the basics from their knowledge.



**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.

### Archery Have a Go

The Archery 'Have a Go' sessions run in partnership with the Carrowmore Archers Club has become a regular and popular activity on the Sports Inclusion Disability Project. Due to the inclusive nature of the sport of Archery a strong working relationship is now established between SSRP and the Carrowmore Archers Club committee and instructors and the sport has become increasingly accessible to people of all abilities in Sligo. The initial focus of the Open Archery sessions was to provide people in Sligo, predominantly those with a physical/sensory disability, with the opportunity to have a go at the sport in a supported setting, although with its popularity and accessibility this has been extended to include people with Autism, mild intellectual disabilities, and those with mental health issues.



The Carrowmore Archers Club instructors, who have all undertaken Disability Inclusion Training to support them in the delivery of the sessions, provide a safe and controlled environment for the participants to practice, and a small number of the regular participants have joined the club as full members. The Carrowmore Archers are fully committed to developing the sport of Archery in Sligo to include people with a disability and in addition to running the monthly 'Have a Go' days a number of participants have become full club members enabling them to also avail of additional club training and participation opportunities.

### Football for All

The Football for All programme was established by the Football Association of Ireland (FAI) with the main aim of delivering football opportunities for people who may not otherwise get the chance to participate regularly in Soccer. With the support of the FAI, Sligo Sport and Recreation Partnership (SSRP) in conjunction with local soccer clubs Strand Celtic FC and Ballisadare United FC launched the new Football for All programme in Sligo in November 2018. Following two training workshops for club coaches, local club Strand Celtic FC organized and facilitated three pilot Football for All sessions alongside their regular Club Saturday academy programme. Nine young people with various disabilities attended the coaching sessions which were delivered by six club coaches with the support of local FAI Development Officer John Russell. The sessions were a great success and all young players thoroughly enjoyed themselves. Plans are now in place to establish the Football for All club within Strand Celtic as a sustained element of club activities which will provide an invaluable and inclusive opportunity for players of all ages and abilities to join the club and play Soccer on a meaningful, regular basis.



## Sport for People with a Disability

### Gym Able

Gymnastics Ireland have established a new inclusive Gymnastics programme targeted at providing opportunities for people with disabilities to participate in the sport. Following a number of requests from parents of young people with disabilities, SSRP worked closely with local club Dynamo Gymnastics to deliver a pilot Gym Able outreach programme targeting young people on the Autism spectrum. The Mercy Plaza unit which caters for 12 children with Autism was identified as a suitable partner for the pilot programme and two Dynamo Club instructors, both of whom attended the national Gym Able training programme, delivered by Gymnastics Ireland were recruited to deliver the eight week initiative. The majority of the sessions was delivered in the Mercy primary school to support the children in a setting in which they were familiar. The final session was delivered out in the wonderful setting of Dynamo Gym club where all the children had a hugely positive experience availing of the array of Gymnastics equipment under the guidance of the two club coaches with additional support from the SSRP SIDO and Community Sport Development Officer who is also a highly trained Gymnastics coach. This added support was acknowledged by the school staff and enabled all the children to maximize their experience in the Gymnastics club setting.



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

The fundamental aim of the programme is to increase opportunities for young children with Autism aged 5-6 years to be physically active through taking part in six weeks of activities and also to create new opportunities for the children to be physically active outside of the programme in their own environment by providing them with the necessary skills, knowledge and confidence to do so. The programme linked with 8 students from the Sport with Business course at the Institute of Technology Sligo, and each of the students involved in the programme were tasked with developing their own individualised session plans for each of the 6 sessions they were to facilitate with the children.



The sessions were aimed at incorporating numerous moderators of physical health – aerobic fitness, strength, balance and co-ordination to positively impact on the physical development of each child. The programme simulated benefits for the children in terms of improved physical fitness, cognitive ability and relating to coaches and equipment. Based on these results the plan is to expand the programme in 2019 to include additional children where possible.



### Surf Therapy

Surf therapy was created in response to the growing interest and requests for Surfing opportunities for young people on the Autism spectrum. The programme was established in Enniscrone in West Sligo in conjunction with the local surf school, Seventh Wave, and provided additional opportunities for young people with Autism based in the West Sligo area to avail of Surfing. Each year the programme has grown and developed with the focus on one to one instruction, tailored specifically to each individual participant. SSRPs believes that everybody regardless of ability can benefit from the therapeutic effects of the ocean and the Sligo Surf Therapy programme enables each individual to gain a positive and enriching experience through Surfing. Parents of the children involved in the programme have reported the positive effect Surfing has on behavior at home, sleeping patterns and the transition from July provisions to August before children return to school.

## Active Seniors

### Seniors Fest 2018

The annual Seniors Sports Festival was hosted by SSRP to encourage older persons from around Sligo to participate in and try out a range of sports and exercise opportunities in a fun and supported setting at IT Sligo under the guidance of local instructors and volunteers. The event continues to introduce many older adults to a variety of suitable physical activity options and promotes and encourages them to adopt a more active lifestyle as part of their daily living. The festival remains hugely popular with older people in Sligo and this was evident with 120 participants from across 23 different active age groups and organisations attending on the day. The participants were invited to try out a range of activities on the day including Kurling, Walking, Dance, Archery, Go for Life Games and Boccia. The event was a hugely enjoyable day for all with the Kurling competition providing the focus of the day for each of the groups. The competition was fierce but fun, with the group from the HSE Retired Persons Group coming out as 2018 champions. Following the event SSRP continues to work closely with the various centres around the county to support them to involve their members in regular physical activity programmes.



### Sligo Seniors Go For Life programmes



2018 saw a range of varied exercise and activity programmes delivered in a significant number of Active Age

groups across a wide geographical spread. Fourteen different groups in areas including Geevagh, Gleann, Ballintogher, Gurteen, Keash, Skreen, Easkey, Cliffoney and Sligo Town delivered programmes in Kurling, Boccia, Movement to Music, and Chair Based Exercise & Aerobics. Over 100 older adults availed of these community based local programmes, many of which have now been established and sustained within the local community such was the interest and benefits to older persons in these areas. SSRP will continue to work with and grow the Seniors Go for Life programme in 2019 with many new and exciting initiatives on the horizon.



### Go For Life National Grant Scheme 2018 Funding Workshop

**Age & Opportunity**

Life is for Living.

The Go for Life National Grant Scheme for Sport and Physical Activity for Older People 2018 provides an important funding opportunity for local Active Age groups to support their various sporting and active recreational programmes for their members. The 'Go for Life' initiative continues to lead the way nationally in getting older people active. SSRP with the support of Age & Opportunity work in partnership to deliver opportunities and funding to as many local clubs and groups as is possible. There has never been a greater focus on being active and understanding the benefits of keeping fit, and 'Go for Life' is indicative of that appetite in older age-groups. The workshop facilitated by SSRP Development Officers not only supports and advises local groups in Sligo around the funding application but also maintains and creates links between SSRP and local active Age group which can then be built upon throughout the year. Nine different groups attended the workshop held in September with a further four contacting SSRP in relation to letters of support for their 2018 applications.

## Women In Sport

### Women Give it a Tri!

Sligo Triathlon club, with support from Sligo Sport and Recreation Partnership and the Women in Sport initiative held its annual Try-a-Tri event at the Sligo Regional Sports Centre on Sunday 7th October 2018. The event was the culmination of a 6 week programme aimed at people who are new to the sport of Triathlon and included a series of land and water based coaching sessions led by Triathlon Ireland qualified coaches.



The event itself comprised of a 250 metre pool swim followed by a 10k cycle and a 4k run. As has been the case with previous Try-a-Tri events, demand was high for places on the ladies programme with a total of 40 women taking part. The Try-a-Tri initiative has proved to be a great way for people to become involved in sport, whether they have never participated before or for those who may have drifted away from sport over recent years. The club hopes to now see participants becoming involved at club training sessions during the year ahead.

### Coach feedback

*"One women explained how the programme has changed their lives, both her and her husband used to get in the car to go to the local shop, exercise did not feature, but now he has also bought a bike and they cycle together."*

*"The club are really proud of this programme, and the mentors are key to providing support during the initiative. We are grateful to the SSRP for their continued support to enable the programme to continue."*

### Participants

*"As someone who was very active in the past I had lost my love for sport and exercise, however this program made me realise much I love exercise and learning new skills. It has also improved my fitness."*

*"This programme has helped me face my fear of water. Thanks to the fantastic mentors I understood the importance of not panicking in water. My general fitness has improved."*



### Ladies Tour of Lough Gill



The annual Ladies Tour of Lough Gill took place on the 29<sup>th</sup> September last; a crisp, cool but sunny and dry Saturday, with perfect cycling conditions for this enjoyable cycle. The 40km leisure cycle is designed for leisure cyclists and focused on new comers to the sport. The event is hosted by Innisfree Wheelers Cycling Club with support from SSRP under the Women in Sport programme. In the build up to this event a Bike for Life 6 week beginner cycling programme was delivered once a week by experienced cycling coaches to get people ready to take on their first event.



## 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 the second half of 2018 the Partnership has supported coach education/club training initiatives across a range of sports including **Athletics, Boxing, Hockey, Golf, Rowing, Soccer 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](mailto: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. During the second half of 2018 SSRP delivered **4 Awareness workshops with 63 coaches and volunteers trained**. 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. Those wishing to undertake the Club Children's Officer course must have completed the Basic Awareness course. During the second half of 2018 SSRP held **1 Children's Officers course with 15 participants**. Additional Safeguarding 2 courses will be rolled out in Spring 2019.

#### **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. SSRP will be holding its next Safeguarding 3 Designated Liaison Person workshops in Spring 2019.

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

*Email: [info@sligosportandrecreation.ie](mailto:info@sligosportandrecreation.ie) or see our website [www.sligosportandrecreation.ie](http://www.sligosportandrecreation.ie)*

## Education and Training

### Active Leadership Award

It was great to see the continued high demand for this training, and all the centres that will benefit from our most recent training course facilitated last November at the Avalon Centre. The Active Leadership Course is a Sport Ireland programme designed specifically for any community personnel who are actively involved or plan to be involved in local



youth clubs, community groups, workplace clubs, sports clubs or community centres. Congratulations to all the participants who completed their Active Leadership Award training including representatives from Bright Minds After School, Ballytivnan After School, the SSRP Coach Database, Cranmore Co-operative Society and Sligo Stormers Club, who all now have an understanding of their role as a Leader, and will have acquired the awareness, knowledge and skills needed to run enjoyable and safe physical activity sessions.

### Trishaw Pilot Training Workshop

The first Trishaw arrived in Sligo in August 2018 with the purpose of providing outdoor Cycling opportunities to people with restricted mobility in the form of volunteer piloted Trishaw rides. This project is funded under the Sligo County Council LCDC Healthy Ireland initiative. SSRP linked with both Cycling without Age Ireland and local Cycling Club, Innisfree Wheelers to identify, recruit and train potential pilots to deliver the programme with residents of St Johns Community Hospital with the aim of increasing the well-being of residents through their reconnection with the local community. A total of 14 members from the Innisfree Wheelers Cycling Club expressed an interest in becoming Trishaw pilots and attended a training workshop in September 2018. The workshop focused on managing and controlling the Trishaw safely and effectively ensuring that all passengers and pilots have an enjoyable and positive experience. These pilots will now begin to take out residents from St Johns Community Hospital on weekly spins throughout 2019, providing them with a chance to experience nature and the beauty of Sligo up close from the comfort of a Trishaw.



### Football for All Workshops

In order to prepare local coaches from Strand Celtic FC and Ballisadare United FC to work with players of all abilities on the new Football for All programme in Sligo, a number of specific workshops were delivered in October 2018. Coach education plays a key role in the development of Football for all players, and with this in mind, the workshops were facilitated by the national Football Association of Ireland (FAI) Football for All Officer Oisín Jordan. The course helped to ensure that the 15 coaches and their clubs involved had the knowledge and confidence to be inclusive in their coaching thereby providing quality opportunities for all children in Sligo to access football at a suitable level. The new Football for All Club will provide opportunities for children with specific needs who may struggle to excel in the competitive environment of underage football or who need additional supports to develop as footballers and to join the club,



train and compete at FAI FFA club festivals. For more information please contact John Russell Regional FAI Development Officer at [john.russell@fai.ie](mailto:john.russell@fai.ie).

## Calendar of Events

### 2019 SSRP CALENDAR OF EVENTS & TRAINING

DATE	EVENT/COURSE	TIME	VENUE
<b>JANUARY</b>			
Sat 12 <sup>th</sup> January	Operation Transformation 4K Walk – Doorly Park	11am	JFK Parade
Sat 12 <sup>th</sup> January	Operation Transformation 5K Walk – Tubbercurry	11am	The Square Tubbercurry
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
Every Tues, Thur & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12.30pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility
<b>FEBRUARY</b>			
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
Every Saturday	Games for All	11am to 12pm & 12pm to 1pm	Sports Complex, Cleveragh
1 <sup>st</sup> February	Power Chair Football Come & Try	6.30pm – 1.30pm	Knocknarea Arena
4 <sup>th</sup> February	Child Protection Safeguarding 1 Awareness Course	6.30-9.30pm	Sligo Education Centre Ballinode
5 <sup>th</sup> February	Social Rowing Learn to Row Programme (3 week programme every Tuesday and Thursday)	1pm	Sligo Rowing Club, Doorly Park
Every Tuesday	Wheelchair Basketball	7pm-8pm	Knocknarea Arena
Every Tuesday	Social Soccer	1pm-2pm	Knocknarea Arena
16 <sup>th</sup> February	Archery Have a Go Session	11.45am- 1pm	Temple House, Ballymote
18 <sup>th</sup> February	Child Protection Safeguarding 2 Children's Officer	6.30-9.30pm	Sligo Education Centre Ballinode
TBC	Adult Intellectual Disability Services Boccia Festival	10.30am-2.30pm	Knocknarea Arena IT Sligo
Every Tuesday, Thursday & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12.30pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility
<b>MARCH</b>			
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
Every Saturday	Games for All	11am to 12pm & 12pm to 1pm	Sports Complex, Cleveragh
Every Tuesday	Wheelchair Basketball	7pm-8pm	Knocknarea Arena
Every Tuesday	Social Soccer	1pm-2pm	Knocknarea Arena
7 <sup>th</sup> March	Girls Active Festival	10.00am-3.00pm	Knocknarea Arena IT Sligo
11 <sup>th</sup> March	Child Protection Safeguarding 1 Awareness Course	6.30-9.30pm	Sligo Education Centre Ballinode
13 <sup>th</sup> March	Special Schools Volleyball	10am-1pm	Sligo Tennis Club
Every Tuesday, Thursday & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12.30pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility
<b>APRIL</b>			
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 Course	6.30-9.30pm	Sligo Education Centre Ballinode
Date TBC	Child Protection Safeguarding 3 Designated Liaison Person Training Course	6.30-9.30pm	Sligo Education Centre Ballinode
Every Tuesday	Wheelchair Basketball	7pm-8pm	Knocknarea Arena
Every Tuesday	Social Soccer	1pm-2pm	Knocknarea Arena
Every Tuesday, Thursday & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12.30pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility
Date TBC	Sligo Kayak Club Open Day	5pm-8pm	Sligo Kayak Club, Doorly Park
Date TBC	Orienteering Come and Try Day	TBC	Cleveragh Regional Park
<b>MAY</b>			
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
Every Wednesday	Outdoor Gym programme	10am-11am & 11am to 12pm	Doorly Park Outdoor Gym
Date TBC	Child Protection Safeguarding 1 Awareness Course	6.30-9.30pm	Sligo Education Centre Ballinode
Every Tuesday	Wheelchair Basketball	7pm-8pm	Knocknarea Arena
Every Tuesday	Social Soccer	1pm-2pm	Knocknarea Arena
Every Tuesday, Thursday & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12.30pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility
Date TBC	Sligo Social Rowing Club Open Day	TBC	Sligo Rowing Club, Doorly Park
Date TBC	Orienteering Come and Try Day	TBC	Cleveragh Regional Park
<b>JUNE</b>			
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
Every Wednesday	Outdoor Gym programme	10am-11am & 11am to 12pm	Doorly Park Outdoor Gym
Every Tuesday	Wheelchair Basketball	7pm-8pm	Knocknarea Arena
Every Tuesday	Social Soccer	1pm-2pm	Knocknarea Arena
Date TBC	Seniors Sports Fest	10am to 3pm	IT Sligo
Every Tuesday, Thursday & Saturday	Weekly Sligo Lawn Bowls Programme (Please arrive 10 mins arrive early to arrange teams)	Sat 10.30am-12.30pm Tues & Thurs 1.30-3.30pm	Cleveragh Regional Park Lawn Bowls Facility

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](http://www.sligosportandrecreation.ie)**  
**Facebook/Sligo Sport and Recreation Partnership**

## 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](mailto: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](mailto:info@sligosportandrecreation.ie)

## IS YOUR CLUB REGISTERED WITH US?

**We have a 'Club Directory' featured on our website  
[www.sligosportandrecreation.ie](http://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](mailto:info@sligosportandrecreation.ie)**

### Connect with us....

for regular updates, upcoming events, training opportunities, news and more...

**Facebook** 'Sligo Sport and Recreation Partnership'

**Twitter** 'Sligo Sport and Recreation Partnership'

**Instagram** 'Sligo Sport and Recreation'



## Sligo Sport and Recreation Partnership

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