

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

**Summer  
2019**

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**Launch of Trishaw Initiative**



SSRP in conjunction with St John’s Community Hospital, Sligo County Council (LCDC) and the HSE West are working together to provide residents from the hospital with the opportunity to experience cycling, thereby feeling the ‘wind in their hair’ and enjoying the outdoors. Sligo Sport and Recreation Partnership purchased a Trishaw through LCDC Healthy Ireland Funding and local community volunteers from the Innisfree Wheelers Cycling Club came on board to act as pilots and facilitate weekly spins for the residents of St John’s Hospital. The Trishaw Initiative was officially launched by Mayor Cllr. Gino O Boyle in July 2019.

**Minister for Sport visits ‘Enjoy Tennis’ Programme**

The ‘Enjoy Tennis’ programme engages people who are visually impaired in the game of Tennis. In May 2019 Minister for Transport, Tourism and Sport Mr. Shane Ross T.D met with all involved in the programme while on a visit to Sligo Tennis Club.



*For more see page 21...*

**National Coach of the Year Award**

Alan Taylor from Bunninadden Table Tennis Club was awarded Coach of the Year 2019 from Table Tennis Ireland in June last. *More on page 9...*



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

### New Board Appointed to Sligo Sport and Recreation Partnership

Sligo Sport and Recreation Partnership recently underwent Board renewal and the first meeting of the new Board of Directors took place in June 2019. A sincere thank you is extended to all members of the outgoing Board for their contribution to SSRP and a particular thank you to the outgoing Chairperson Ms. Maire Mc Callion who provided leadership to SSRP over the past number of years. Emer Concannon who represents Sligo County Council on the Board is the new Chairperson of SSRP and all involved in SSRP looks forward to working with Emer who has great experience in the areas of sports and facility development.

One of the initial tasks undertaken by the new Directors at the Board meeting was to sign up to the Disability Charter.

The Charter, developed by the CARA Adapted Physical Activity Centre in partnership with Sport Ireland clearly outlines the key areas that organisations should consider to make active and healthy lifestyles possible for people with disabilities.



*For more see page 19*

### Sport Ireland publishes 2018 Local Sports Partnerships Annual Report



Sport Ireland recently published the 12th Local Sports Partnerships Annual Report on the national network of Local Sports Partnerships (LSPs). The report provides an overview of the work of the 29 LSPs across the country, and highlights the innovative good practice projects and programmes that are being facilitated locally. Among the case studies featured in the report is the Sligo LSP programme 'Get Rowing for Men'.

Local Sports Partnerships with support from Sport Ireland have a key role in delivering actions within the National Sports Policy and the National Physical Activity Plan.

*The plan can be viewed on [www.sportireland.ie](http://www.sportireland.ie)*

### Sport Ireland launches Women in Sport Policy

The policy, which was launched earlier this year at the Sport Ireland National Indoor Arena, seeks to build on the significant work that has already been undertaken in this area within the sport sector to date, recognising the opportunity to make a significant impact on the lives of women through their involvement in sport. Coaching & Officiating, Active Participation, Leadership & Governance and Visibility are the four key target areas that will be addressed by the new Women in Sport Policy.



Former Irish international rugby player Lynne Cantwell is the Chair of Sport Ireland's new Women in Sport Committee while Nora Stapleton is the new Sport Ireland Women in Sport Lead.

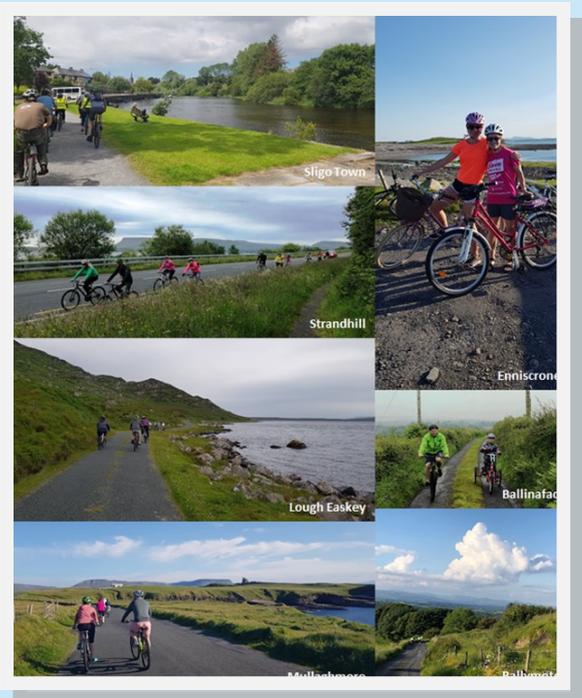
## Some Recent SSRP News

### Bike Week 2019 – A County Wide Festival of Cycling



Bike Week is a national week long celebration and promotion of all that's great about bikes and cycling and took place from the 22<sup>nd</sup> -30<sup>th</sup> June this year. Bike Week is co-ordinated locally by Sligo County Council and Sligo Sport and Recreation Partnership with support from many local cycling clubs and community organisations. The initiative was launched this year by Mayor Cllr. Gino O Boyle. The aim of Bike Week is to get people on their bikes and particularly to encourage those who are new to this form of physical activity to get involved through a range of cycling opportunities. This was done through a number of beginner friendly events including adult cycling lessons on safe bike paths, short 15km guided leisure cycles throughout the

county in Mullaghmore, Ballymote and Enniscrone and an under 6's balance bike event in Coolaney delivered by Coolaney Development Company and Northwest Mountain Bike Club. While these events were targeted at newcomers to cycling, there was also a range of events for those keen to build on their cycling achievements with the 4 Passes Sportive organised by the Ox Mountain Cycle Club, the Ballisodare Bay Cycling Club's 80km and 55km cycles, Eire Óg Cycling Clubs Time Trail event at Rosses Point and Northwest Adventure Tours Mountain Biking taster sessions. Throughout the week there were other novel cycling events including Innisfree Wheelers 'Gourmet Cycle', 'Pedal to Paddle', 'Bike to Hike' and a 'Summer Solstice' Cycle. One of the highlight events was 'Bike Orienteering', a family friendly fun event held in Cleveragh Park, which opened the week-long celebration of cycling. The weather could not have been better as cyclists started to arrive. There was a range of bikes on display from balance bikes, trikes, hand cycles and even bikes with tow trailers. This event really highlighted how inclusive cycling can be, as children and adults of all abilities and ages took part together, aided by the fantastic safe cycling trails around Cleveragh Park. The course proved to be very popular with all the participants young and old, with some getting a little competitive on how fast they could complete the orienteering course. Everyone was a winner though, as a completed card meant a free ice cream, which was very much enjoyed on the hot day that it was!



Another very popular event over the week was the Adult Cycle Lessons; they took place every day for one hour. Over the week, 11 people took part in the lessons; some who had never learned to cycle could, by the end of the week, cycle a short distance unaided; a fantastic achievement for them. Others, who were extremely nervous on day one, took on one of the 15km leisure spins in Enniscrone on Thursday and conquered their fear of cycling on the road. This wonderful week of cycling was a huge success with over 600 people of all ages and fitness levels getting involved.

## 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.

### Rock Climbing a fun and exciting sport that's growing in Sligo



Sligo Climbing Club is currently involved in a Club Development Project with Mountaineering Ireland and Sligo Sport and Recreation Partnership. The initiative is funded under the Sport Ireland Dormant Accounts Volunteer Support Programme. 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. The project will help develop the clubs structure, governance, coach training and look at other opportunities to develop the strength of the club to build the sport of Climbing in Sligo.

Sligo Climbing Club hosted two open days at Scalp na gCapaill in Cooney, Ballisodare in May and June. The first day offered fantastic conditions for climbing with mild dry weather, while the second day though mostly dry, did have a few showers but the climbing was able to go on. Each day had two 'Intro to Climbing' sessions, one morning and one afternoon slot. Each slot was fully booked out and over both days, 39 adults had the opportunity to experience a fantastic day at the crag, where they received an

introduction to basic climbing skills, safety for rock climbing and completed at least three climbs each. The Club organised a follow on day for beginners by taking a trip to Malin Beg in Donegal where lots of good climbing took place over 2 days. The club meet regularly on Tuesday evenings at local crags to take on top rope climbing or bouldering.

Rock Climbing is a recreational social activity with the popularity of the sport exploding internationally as countries all over the world catch the climbing bug ; there has never been a better time to get into this courageous and rewarding pastime. The club will be hosting more outdoor climbing open days during the year for those interested in taking up rock climbing as a recreational activity.



## Club Development

### Gym Able

The new inclusive Gymnastics programme 'Gym Able' piloted by SSRP in 2018 has been expanded this year to include children with severe and profound disabilities attending St Cecilia's School. Working in collaboration with locally Gymnastic Club Dynamo and Gymnastics Ireland, three GymAble outreach programmes targeting 30 young people from St Cecilia's School were delivered. All of the sessions were delivered in the fantastic Gymnastics facility provided by Dynamo Gym Club and the progress the children made over a short period of time was astonishing. The children moved from initial running and jumping on the purpose-built air track to more



gymnastics orientated activities like balancing and tumbling in a few short weeks and they really enjoyed and benefited from the visual and tactile nature of the sport and the facilities. St Cecilia's school are very keen to established the Gym Able initiative as an annual programme for their pupils and SSRP will continue to work with them to make this a reality whilst also expanding the programme to additional schools.



### Special Project Funding Support for Clubs 2019



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. 18 projects were funded in the areas of developing water sports, sport in disadvantaged areas, club development, Sport for people

with a disability and performance targeted summer camp initiatives. Sports supported included Archery, Cycling, Badminton, Tennis, Gymnastics, GAA, Soccer, Boxing, Rowing, Basketball, Rounders, Hockey, Surfing, Swimming, Rowing and Ladies Gaelic Football. It is estimated that the projects funded will engage over 1,000 participants in sport and physical activity.

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

Carrowmore Archers	Lough Arrow Rowing
Shuttle Stars Badminton Club	Red Hawks Basketball Club
Sligo Tennis Club	Easkey GAA Rounders
North West Stormers	Yeats County Hockey Club
Dynamo Gym Club	Co. Sligo Surf Club
St. Michaels GAA Club	County Sligo Swimming Club
Valley Rovers FC	Sligo Rowing Club
Strandhill Golf Club-Juniors	Sligo Ladies Gaelic Football Assoc.
Gateway Boxing Club	Ballinacarrow Boxing Club

## 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.

### Making a Splash

SSRP and Swim Ireland have linked up to promote and encourage adults to enjoy physical activity in the water, as swimming not only enhances your physical health but it can also increase your quality of life and sense of community. The programme included an Aqua Aerobics taster session and follow on programme with the Sligo Park Hotel Health & Leisure Centre with 8 ladies from Cranmore



Women's Group, and a beginner Swimming Lessons programme at the Sligo Regional Sports Complex with 8 from the 'Resourceful Ladies Group', which has been accessed by all abilities and has endless therapeutic, mental and physical health benefits.

### Summer Soccer Fun

Community Soccer was yet again a great success this year, led by the Cranmore Co-operative Society and supported by the Abbeyquarter After-School and Resource House project, with over 50 youths enjoying a 10 week programme at Sean Fallon Pitch. The programme finished up with a fun blitz supported by Sligo Rovers players and Community Garda, where all members received a medal of participation. Based on the popularity of the programme the Cranmore Co-operative is recruiting for a Cranmore Soccer Camp this August.



**OPEN FOR REGISTRATION**

**AUGUST 6TH, 7TH, 8TH**  
**SEAN FALLON PITCH**  
**1-3PM**

**€5 PER PERSON**

**CRANMORE SOCCER CAMP**

**DISCOVER YOUR POTENTIAL SKILLS**

**YOUTH AGES 5-12**

**PASSING  
KICKING  
SHOOTING  
DRIBBLING**

**CALL MARK AT THE CRANMORE CO-OPERATIVE SOCIETY 0719149915**

CRANMORE COMMUNITY CO-OPERATIVE SOCIETY LIMITED

SLIGO SPORT & RECREATION PARTNERSHIP - SPORT IRELAND

SLIGO EAST CITY COMMUNITY SPORTS HUB INITIATIVE

SPORT IRELAND LOCAL SPORTS PARTNERSHIPS

ciste na gcuntas diomhaoin the dormant accounts fund

ST. JOHN'S G.C. EST. 1981

Cranmore REGENERATION

## Sligo East City Community Sports Hub



### Let the Good Times Roll...

SSRP supported Sligo Lawn Bowls Club to deliver a Beginner Introductory programme and an After Work Come & Try Session attracting new players to the Club. 10 Club members also completed the Bowling League of Ireland's Assistant Level Coaching Course and Safeguarding 1 Course in March building their capacity to

teach the game locally. Lawn Bowls is becoming increasingly popular amongst adults who are discovering an interesting, tactical sport that is social, fun and which everyone can play. So why not try something new this summer and have a go at Lawn Bowls. Visit the club at the Sligo Lawn Bowls Facility, Cleveragh Regional Park on Tuesdays and Thursdays 6.30pm-8.30pm and Saturday mornings from 10.30am-12.30noon.



### Outdoor Adventure Fun

Fun, excitement and the great outdoors is what summer is all about and thankfully the Sligo East City area is spoilt for choice with the natural amenities nearby. The youths involved enjoyed cycling, stand up paddle boarding and hiking as part of the Cranmore Co-operative Society Summer programme supported by Sligo Sport and Recreation Partnership.



### Best Foot Forward

Sligo East City Community Walking Group is led by a dedicated team of volunteers from the community and they are always delighted to make new walkers feel welcome. These walks take place every Thursday from the Riverside Hotel at 10.15am, and are a great way to get active, stay healthy and meet new people.



This group enjoys getting together and in addition to their regular walks based at Doorly Park, Cleveragh Regional Park and O'Boyle Park, they also organise away walks to enjoy the scenery further afield in Strandhill, Rosses Point and Hazelwood. So just come and join in on Thursdays mornings - no booking needed!

## Bunninadden Community Sports Hub

### Bunninadden Community Sports Hub Initiative

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 is now in its second phase with numerous projects taking place including sport and recreational programming, developing club-community links, building strong organisational structures and providing education and training opportunities. This project is funded by Sport Ireland, Dormant Accounts. Below are some of the key highlights this year to date.

### Men's Indoor Rowing

The Men's only indoor Rowing Fitness Programme was piloted in two rural communities in Sligo through the Bunninadden Community Sports Hub initiative. The programme was designed to offer a fun and social work-out for men which really appealed to them. Rowing is a sport that was different and an activity the men in Bunninadden and Tubbercurry had never tried before. Bunninadden community filled one class and Tubbercurry filled two classes.



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 working 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. Overall the men's feedback was very positive and the men are looking forward to the programme returning again for the winter months.



### Bunninadden Women are Fighting Fit

In February SSRP piloted a new Women's Boxercise Bootcamp programme in the Bunninadden Sports & Leisure Centre which took place every Tuesday involving over 15 women. Ladies of all ages and abilities came together and really enjoyed the boxercise with an element of boot camp fitness also...Get ready ladies as this programme will be kicking off again in September 2019!



## Bunninadden Community Sports Hub

### Ballinalack Children's Cycling

During National Bike Week 2019 SSRP delivered a cycling taster session for children at Ballinalack Community Park. This was an activity that was totally new to Bunninadden. The children learned all the skills for cycling through fun drills and games.

Ballinalack Community Park is the perfect location for children's cycling, with a safe carpark, tarred surface and a cycling track around the park. Such was the children's enjoyment and interest in cycling in the

Bunninadden area that a children's 'Sprocket Rocket' programme is planned for August 2019.



### Bunninadden's Alan Taylor wins Coach of the Year!

Big congratulations to Alan Taylor from Bunninadden Table Tennis Club who was awarded 'Coach of the Year 2019' from Table Tennis Ireland in June 2019. This is a fantastic achievement for Alan to get the recognition he deserves for all the time and effort he puts into the Bunninadden Table Tennis Club.



Alan has been involved in Table Tennis in Bunninadden from the very beginning and he has brought the club from strength to strength each year with club members playing at all levels from social non-competitive to competing on the Irish team. Well done Alan and keep up the great work!

### First Aid Course

The people of Bunninadden were given the opportunity to complete a First Aid with AED/CPR course in June.



11 Volunteers from various clubs, centres and committees in the local area attended. The course covered various topics of interest and was a valuable course for the community to undertake. Well done to all participants.

### Bunninadden Community Basketball

Youth Basketball takes place every Friday for 3 hours in Bunninadden Sports & Leisure Centre from 6-7pm for 5-8 years, 7-8pm for 9-12 years and 8-9pm for teenagers. This year Bunninadden had the largest number of children registered to date with approximately 70 children taking part overall.



For more information contact 071 9183241.

## 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 year to date.

### WOWer's take to the Water with Sligo Kayak Club

*Heather Wilson a Level 2 Canoeing Ireland kayak instructor with Sligo Kayak Club, was the lead instructor for this exciting initiative and gives an account of what was involved in the journey of the WOWer's....*

'On 4<sup>th</sup> June 2019 an inspiring and energetic group of women from the Cranmore area in Sligo arrived at the slipway in Doorly Park for a project set up through collaboration between Sligo Sport and Recreation Partnership, Sligo Kayak Club and Cranmore Cooperative Society. The Women's group, known affectionately as the WOW'ers, launched their kayaks on to the Garavogue River for the very first time that evening. After 5 sessions learning new skills including forward paddling, sweep stroke and low brace (all whilst avoiding capsizing and accompanied by a lot of laughter) the women's kayak group culminated on 28<sup>th</sup> July with a long paddle of almost 5km, including a circumnavigation of Bernard Island. In keeping with the promotion of women in sport and the 20x20 campaign, which aims to have a 20% increase in participation by women in sport and a 20% increase in media coverage, this group is particularly significant. Not only was this the first all-women's kayak group, it was the first all-female led and supported group facilitated by Sligo Kayak Club.'



Heather the lead instructor started kayaking with Sligo Kayak Club 6 years ago after she completed the beginners course. She has in that time, done a lot of paddling with the club, assisting with beginner courses and adventures on the water around the coast of Mayo, Sligo and Donegal, Malin Head being one of the most memorable as well as many river trips including the Liffey Descent. Last March she decided to start on the journey to become an instructor. She has lost count of the early mornings and numerous hours paddling, child protection, first responder and river safety rescue courses but 14 months on she has successfully passed the assessment. She is now one of two Level 2 Instructors in Sligo Kayak Club meaning the club have 50:50 male/female ratio for instructors. The club are excited for next year when they will again welcome a new group of WOWers to their club.

### Sligo Kayak Club Open Day

The kayak club hosted 2 public open evenings at their club specifically for new people to get a taste of kayaking. The evenings were extremely popular and with 56 people taking up the opportunity to experience kayaking. Participants had the opportunity to follow on from the open day to attend one of the 2 beginner courses the club ran over June and July. These courses, run by a qualified instructor are aimed at those who are new to kayaking to give them the skills required for paddling safely on flatwater by completing the Canoeing Ireland assessment for the Level 2 skills award.

**To find out more information on Sligo Kayak Club visit their website [www.sligokayakclub.ie](http://www.sligokayakclub.ie)**



## Urban Outdoor Adventure

### Kayaking in Tubbercurry



Sligo Urban Outdoor Adventure Initiative saw 16 adults take to the water for a 6 week outreach kayaking programme in Tubbercurry with an introductory course delivered by Wild Wet Adventures. Many had not kayaked before and are now hooked on this fantastic recreational activity.

*"Excellent, John made time for everyone, making Kayaking very enjoyable while covering all safety aspects. Well done John, I intend to keep up this activity."* Course Participant

Three taster evenings took place on Temple House Lake preceding the 6-week course with 30 adults from the local area availing of experiencing kayaking mostly for the first time with 16 signing up to the 6 week course which increased their basic skills for paddling on flat water.



### New opportunity for Indoor Rowing with Sligo Rowing Club

While the Social Rowing 'Learn to Row' programme is back in full swing for the summer months, Sligo Rowing club is looking forward to winter when they can now continue to row in the evenings at the club due to their new indoor gym area fully kitted out with rowing ergometers and weights equipment.

Ray Murtagh of Sligo Rowing Club speaks about what this facility offers the club:

*"Our new Gym facility has helped immensely by providing our rowers with a year round training area. As a consequence of the winter months and bad weather conditions we were unable to train on the water therefore having to cancel training days. With the gym now completed it allows us to schedule training sessions no matter what the weather conditions are like. The club had its best National Rowing Championships to date and this is due in part to the exceptional facility we now provide to all our rowers. The gym is open to both competitive and social rower members of the club and has now become an integral part within the club structure."*

For further information on Sligo Social Rowing Club or the Learn to Row programme contact Ray Murtagh at [sligosocialrowing@gmail.com](mailto:sligosocialrowing@gmail.com) or 083 4273080.



## Outdoor Recreation

### Working out in the Outdoors

There is something to getting outside and taking in the fresh air that livens up a workout, making our Green Gym a hugely popular programme that can boost your progress and your mood simultaneously. The outdoor gym has been designed to provide low-impact training in an intuitive and easy way. To promote the outdoor gym, SSRP delivers a weekly class from May



through to the end of August every Wednesday at 10am for Adults and 11am for Adults with a Disability, with qualified instructors, which involves a fun social warm-up followed by some gentle cardio and strength machines to keep your heart rate up.

So, why not get out there, join the programme, increase your fitness and enjoy the fresh air and outdoors.



### CADRA Step into Summer

Sligo's newest Community Walking Group was set up by Carraroe & District Regeneration Association in May and is growing in numbers since with their weekly schedule of walks taking in the beautiful scenery using local trails such as Barnaribbon, Killaspugbrone, Union Wood and Slish Wood. The initial 6 weeks were supported by a SSRP Walking Leader and Get Ireland Walking, and now the group is led by local enthusiastic community volunteers who are always happy to welcome new members .



*Let's Get Walking Together with*

**CADRA Community Walking Group Carraroe & District**

**All walks start at 11am sharp Members must register at 10.50am.**

**New Members Always Welcome**

Date	Meeting Point	Walk Leader
15 <sup>th</sup> July	Barnaribbon Walk Meet at Carraroe Community Centre at 10 .15am Car Pool	Joe Scanlon
22 <sup>nd</sup> July	Killaspugbrone Loop Strandhill Meet at Carraroe Community Centre at 10 .15 am Car Pool	Mary Harkin
29 <sup>th</sup> July	Field Walk with St Johns GAA Club. Meet at Carraroe Community Centre	Pat Benson Niall Gordon
5 <sup>th</sup> August	Union Wood Meet at Union Wood Carpark Ballygawley Rd	Nuala Flanagan
12 <sup>th</sup> August	Doorly Park. Meet at Rowing Club Car Park	Mary Murphy
20 <sup>th</sup> August Note Change of Day to Tuesday	Heritage Nature Walk in Slish Wood Meet in Slish Wood Car park. Learn all about the nature /caring around our lake	Michael Bell Bird Watch Ireland Dragon Fly Coffee/Tea Cart will attend to serve usual treats
26 <sup>th</sup> August	Union Wood Meet at Union wood Carpark Ballygawley Rd	Dympna O Loughlin

**Come join us to Boost your overall health, connect with your local community and have most importantly have Fun.**

**The group enjoy a social tea & Coffee after each walk**

## Outdoor Recreation

### Ballymote Pram Pals

The 'Ballymote Pram Pals' was set up in partnership with Get Ireland Walking, Sligo Sport and Recreation Partnership and the Ballymote Family Resource Centre. The Ballymote Pram Pals is a newly formed group since February 2019 of approximately 15 members that meet weekly on Wednesday mornings at 10am at the Ballymote FRC for a leisurely walk around Ballymote.



This is a fun, friendly and social walk along accessible paths around the Ballymote area for mums, dads, guardians, caregivers, grandparents, children and their prams! Following the walk the group enjoys a cup of tea/coffee back in Ballymote FRC and have the option of joining in on the Parents and Toddler Group that takes place in Ballymote FRC from 10am to 12.30pm every Wednesday. This is a great opportunity to meet your neighbours and have a chat with some of the other parents/guardians who are enduring the same sleepless nights as yourself!



**For more information contact Niamh on 071 91 97818.**

### Tubbercurry Walkers

The Tubbercurry Walkers is a new walking group that was set up in partnership with Get Ireland Walking and the Tubbercurry coffee morning group. This group meets twice weekly and enjoys a social walk around the Tubbercurry area. The group walks on safe and accessible paths around Tubbercurry and meets on a Monday evening from 'The Clock' on the Tubbercurry Square at 8pm and on a Thursday morning at 9.45am after the school run at the Tubbercurry Family Resource Centre car park. The group is a social group and a great way to meet your neighbours and make new friends. The group often enjoys a tea/coffee in a local café after the walk and is always open to new walkers of all ages and abilities.

**For more information contact Aideen on 087 668 9078.**



### Woodlands For Health



The aim of the Sligo Woodlands For Health walking programme is to provide an opportunity for individuals to walk in a nature-based environment. Research shows that walking in the outdoors improves participants' wellbeing, enhances quality of life, improves sleep and increases physical fitness and self-esteem. Spending time walking in a natural environment, which is both safe and supported, has helped to increase participants confidence to become more physically active and the initial

ten week programme has been hugely positive with 12 participants registered who have been attending regularly on a weekly basis. The initiative is a partnership between SSRP, HSE West, Get Ireland Walking, Mental Health Ireland and Coillte and it is this collaborative approach that has helped ensure the programmes initial success.



**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

### Children's Community Cycling programmes

Children's Community Cycling programmes took place in Enniscrone and Coolaney and proved extremely popular among the local children with sessions fully booked out. In Enniscrone SSRP linked with West Sligo FRC and hosted a 4 week Saturday cycling programme through February and March and saw 42 children attend. In Coolaney SSRP linked with Coolaney Development Company and North West Mountain Bike Club to host a Cycling camp over the Easter school holidays and saw 36 children taking part. The Cycling workshops were organised for children aged 4 to 12 years as part of the Sligo County Council LCDDC Healthy Ireland initiative. The children were introduced to drills to improve their Balance, Pedalling, Braking and Cornering all taught by qualified cycling instructors.



### A successful 'Couch to 5K' programme for Riverstown Community



Never underestimate the power of a running buddy or some local community support in helping you to get moving and stay motivated, which is exactly what Shamrock Gaels GAA did through their Healthy Club initiative by running a Couch to 5k programme at Riverstown Park. The *Couch to 5k* programme is an 8 week programme supported by SSRP, led by a qualified instructor and aimed at encouraging and motivating people to take them from the 'Couch' to a 5km in 8 weeks, as well as bringing people together people from the wider community to make friends, have fun and improve their overall health.

One participant summed it up by saying "With good company, encouragement and motivation you can do anything you never thought you could. Really, really enjoyed this whole experience and hope I can keep it up." As so many of the group members don't want to lose the momentum they have worked so hard to create, they now have an active WhatsApp Group with regular messages and reminders about a group run, meaning there are no excuses for not staying active this summer!

### Northside Gets Active

Fantastic to see so much activity happening in the Northside area, with great momentum from local community groups linking with SSRP to provide sport and physical activity programmes in the area including; St. Edwards NS running Ladies Zumba classes, Ballytivnan Community Partnership hosting Family Fun Sports Days, Sligo Traveller Support Group running a weekly Multi Sport programme at Glendallon, Glenview Stars training sessions and facilitating



subsidised places on the Sligo Rovers Camp for club members, a weekly Multi Sport programme with the Northside Centre After School and Play School Groups and a fun packed summer camp sports programme for youths at the Northside Centre delivered by SSRP coaches. Great plans for Autumn are now underway for a new Couch to 5k programme at O'Boyle Park, Men's Indoor Rowing and a new Active Seniors programme at the Northside Centre.



## Community Sport

### Sligo Triathlon Men's Initiative Reaches its Goal

Sligo Triathlon Clubs 5th annual Men's Initiative reached its finale with a very well supported Try-a-Tri event in the Sligo Regional Sports Complex. 31 men signed up to receive coaching twice a week on swim, bike & running prior to the final event. The aim was to get men active and to introduce them to something new, whether this was one element of the triathlon or bringing all three together. The Club Coach said ...*"Putting it simply it's about the lads getting moving one length, one step & one pedal stroke at a time"*.

25 of the 31 men who started the programme completed the short distance triathlon event. This comprised of a 250m swim followed by 10k on the bike and finishing with a 3.5k run.



#### Participant feedback...

*"The initiative was excellent. Ross and Graham were very good and extremely motivating and the training was excellent. I was not very confident about swimming going into this but I have gone swimming 6-7 times since the tri and have gained a lot more confidence in the water and lost a lot of the fears i had about it."*

*"Absolutely fantastic initiative, Coaching was superb, his dedication and commitment is admirable and the one hour mindfulness session was very rewarding and I used some of his tips during the event and since the event. The support from the Tri club was excellent and the marshals giving up their time was much appreciated. Overall a tremendous event and I personally want to say a massive Thank you to all involved."*

*"I found it a very worthwhile programme and the mental health benefits were more surprising than I thought. Always feel so good after a training session, even though it can be tough during it. It's a great programme to get men over 30 active, some in sports for the first time, it was a group effort during the initiative and everyone was supportive of each other, people that were stronger at some disciplines always helped and encouraged those lacking in confidence. I think it's invaluable for men to give awareness of mental health and to have an outlet like sports."*

The next initiative to be held by the club will be the ever-popular women's version which will commence in the autumn.

To register interest, contact Kate at [womentrisligo@gmail.com](mailto:womentrisligo@gmail.com).

Both the Men's and the Women's Initiatives are supported by Sligo Sport and Recreation Partnership.



## Community Sport

### Diversity Sligo Gym & Swim

Diversity Sligo, Sligo Sport and Recreation Partnership and Swim Ireland have linked up to provide a subsidised Gym & Swim programme at the Sligo Sports Complex for adult residents at Globe House. The initiative, now in its second year, has made attending the Sligo Regional Sports Complex more accessible for 15 Asylum Seekers, and even more this year, with the kind provision of swim wear from Swim Ireland through their 'Get Ireland Swimming' initiative, ensuring residents have swim hats, goggles and swimwear.



### Dromore West Camp Fun

When School is out, Camp is in, with West Sligo Family Resource Centre at the Dromore West Community Centre, ensuring children will have great fun while developing their skills, fitness and confidence. A variety of high energy fun Multi Sport Games were delivered by SSRP Coaches at their Easter and Summer camps including gymnastics, ball games, relay races and parachute fun that sent 40 campers home eager to come back the next day. It was fantastic to see so many at each camp more physically active, making friends and most importantly having fun!



### Sooey GymFun

Sooey National School Parent's Association wrapped up their weekly GymFun programme providing recreational gymnastics classes in the community with a fun session on a gymnastics

Air Track and Tumble aid provided kindly by DyNamo Gym Club.

Great progress has been made by them all this season, and they are already looking forward to working on some new gym moves this September.



## Active Schools

### Biggest numbers to date at annual Girls Active Activity Festival

The annual 'Girls Active' Activity Festival took place on 7<sup>th</sup> March with over 200 young women from across County Sligo arriving at the IT Sligo Knocknarea Arena to participate in a range of activities including Yoga, Dance, Gym, Spinning, Boxing, Soccer, Indoor Rowing, a HIIT Class, Archery, Rugby and Martial Arts. There was a positive atmosphere at the festival as the girls celebrated their year long participation in the girls only 'Girls Active' Programme in their schools. The girls rotated between the 10 different activities giving them the opportunity to experience each for a taster session. SSRP Coaches facilitated the activities while IT Sligo third year Health Science students volunteered to provide support. Kate Frahill Support Co-ordinator for the Girls Active Programme states, *"The programme has been extremely successful this year with over 300 teenage girls engaging in the programme and participating in activities throughout the school year"*.



Girls Active, a joint programme between the Health Services Executive and Sligo Sport and Recreation Partnership, is currently running in 13 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. The programme takes the emphasis off competition in sport, which can sometimes be off-putting for girls, and places a greater emphasis on the social and health benefits of being physically active, while offering opportunities to try out different ways to get active such as yoga, dance, boxercise etc. 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.



## Active Schools

### Youth Sport West

Youth Sport West provides school-aged children 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 over 91 extracurricular sport and physical activity programmes delivered in a variety of sports and activities in 34 different schools. A total of 2,888 children (1,382 boys/1,506 girls) took part in this programme throughout the school term. This year again Gymnastics proved 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.



Dance once again was another very popular activity throughout the year in many schools with various types of Dance from Hip Hop, Modern Line Dancing and Disco Dance Fun.



A new and exciting activity that was enjoyed by many schools 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. St Teresa's N.S and Collooney NS took on an Orienteering YSW programme finishing up with their final session in Union Wood as a whole school Orienteering trip. Orienteering is an activity that can take place in the classroom, school yard, school surroundings or a local park etc.

### Active Schools Week

Well done to all the schools who hosted their Active School's Week this year. The Department of Education and Skills and Healthy Ireland encourage all schools to organise an Active School Week (ASW) as part of their annual school calendar. The ASW initiative is about providing fun and inclusive physical activity opportunities for all members of the school community. It allows schools to reinforce the message that not only is physical activity good for you but it also very enjoyable.

This year SSRP supported 2 schools in organising some of their activities during the week. Ballymote N.S. organised Dance, Gymnastics and Multisport taster sessions for their pupils, while St Pauls NS Collooney held Volleyball, Basketball and Tennis 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!



### School Sporting opportunities coming soon...

There are various sporting opportunities coming soon for schools for the new school term. These include **Tag Rugby** Blitz's linking with Sligo RFC and Connaught Rugby, new **Badminton** opportunities such as Teacher Training and a blitz day linking with Badminton Ireland, the much anticipated **Athletics Fest.** and an **Orienteering** event linking with the Irish Orienteering Association. Schools will be notified of all the relevant information in September.

*For more information on any of the school programme please contact Denise on 071 9161511 or [denise@sligosportandrecreation.ie](mailto:denise@sligosportandrecreation.ie)*

## Active Schools

### Balance Bikes the first step on the cycling pathway

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

A balance bike is a lightweight, pedal-less child's bike which facilitates balance and propulsion. Children run along whilst seated, push off the ground to create forward movement and use their feet to slow down and stop safely. The Balance Bike programme

combines unique ergonomic balance bikes with a variety of fun activities that build confidence, spatial awareness and dynamic balance skills enabling young children to cycle without ever needing stabilisers.



### The Daily Mile

'The Daily Mile' is a simple and free initiative that gets children out of the classroom for fifteen 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. There are currently 17 schools across Sligo delivering 'The Daily Mile'. Sligo Sport and Recreation Partnership are encouraging all schools to give 'The Daily Mile' a try for the new school term.

**If any school is looking for any support in delivering 'The Daily Mile' please contact Denise on 071 91 61511 or [denise@sligosportandrecreation.ie](mailto:denise@sligosportandrecreation.ie) .**



**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.

### Surf 4 All 2019—a great success...

23 children enjoyed the Sligo Sport and Recreation Partnerships (SSRP) annual Surf4All programme which took place from the 1<sup>st</sup> to 5<sup>th</sup> of July at Streedagh Beach, Grange, Co. Sligo. It was a week of sea, smiles and surf for the young people who participate in the camp, all of whom have a diagnosis of Autism Spectrum Disorder leading to different responses in areas including communication, social interactions and sensory aspects. The therapeutic effect derived from Surfing allows the participants to experience the sport of surfing in a safe, encouraging and motivating environment. The boards used are adapted so they are longer and heavier providing more stability on the water and allowing participants to achieve success during their time out on the water.

The weeklong camp is a joint initiative between Sligo Sport and Recreation Partnership and Sligo/Leitrim Autism Services with support also proved by the Irish Surfing Association. The programme relies on the generosity of local volunteers who commit to different sessions throughout the week. This year over 70 volunteers registered their interest in assisting with the programme which is testament to the value placed on the programme locally. The volunteers come from various backgrounds including educations, disability, water safety, swim teaching and surfing. All the volunteers involved are extremely generous with their time and have reported the great satisfaction they get from assisting with the Sligo Surf4All programme.



### Disability Sports Charter

As part of its continued commitment to create and deliver quality physical activity opportunities for people with disabilities throughout County Sligo, Sligo Sport and Recreation Partnership (SSRP) recently signed up to the new Sport Inclusion Disability Charter. The Charter, developed by the CARA Adapted Physical Activity Centre in partnership with Sport Ireland clearly outlines the key areas that organisations should consider to make active and healthy lifestyles possible for people with disabilities. These include being open and understanding of all people with disabilities, developing and delivering inclusive activities, promoting the inclusive nature of SSRP activities and accessing training for staff and volunteers to facilitate the inclusion of people with disabilities. The final area focuses on reviewing facilities, venues and equipment to ensure opportunities are fully accessible to people with disabilities. By signing up, SSRP becomes part of Ireland's first ever Charter specific to people with disabilities in sport and physical activity, strengthening and expanding their reach and responsibilities in getting people with disabilities in the local community more active. People of all ability levels can continue to avail of the guidance and support available through SSRP and its various networks and SSRP will continue to work to remove the barriers facing people with disabilities to engage in regular physical activity.

sport inclusion disability  
**charter**

## Sport for People with a Disability

### Enjoy Tennis



Enjoy Tennis is a Tennis programme established by Tennis Ireland for players with a disability to learn and enjoy playing Tennis in clubs around the county. In Sligo, SSRP and Sligo Tennis Club have teamed up with Tennis Ireland to develop both Blind Tennis and Intellectual Disability (ID) Tennis programmes. Both programmes run on a weekly basis with the club providing facilities under the guidance of a qualified Tennis coach.

The adult and children's ID sessions are proving very popular with local participants and the aim is to establish a sustained club based inclusive programme, offering the opportunity for players to become club members and develop their Tennis Skills.

The Blind Tennis programme has been a tremendous success particularly for one local player Stuart Haxell, who has developed to such a degree that he is competing as the number one player in the country in his B1 category and has represented Ireland at the recent Blind Tennis World Championships held in Spain earlier this year. Stuart's achievements were recognized by Sligo Tennis Club and Minister for Transport, Tourism and Sport Shane Ross on his visit to the club in May 2019.



### Xcessible Athletics



Anyone who believes in the power of sport had the chance to experience it first hand at the SSRP Xcessible Indoor Athletics Festival held in June. 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 with many different needs. Through SSRPs Inclusive Athletics programme six local schools (St. Josephs, St. Cecilia's, Ransboro NS, Mercy Primary and St. Brendan's NS and Collooney NS) were introduced to 8 weeks of Athletics coaching under the guidance of local 'inclusive' SSRP coaches.

The 75 children involved in the programme participated in a variety of running, jumping and throwing activities designed to develop their overall athletic ability. Coaching sessions were developed with each individual athlete's needs and abilities taken into account. The coaches discovered, through regular practice with the children, the best coaching techniques to use, experimenting with adapted equipment and coaching styles to achieve optimum participation with the young athletes involved. The various activities which included sprint, jigsaw and obstacle relays, javelin, target and ball throws and speed bounce and long jump, were practiced and worked on over the duration of the programme with the athletes involved experiencing significant improvements in their agility, balance and co-ordination. The 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.



## Active Seniors

### Seniors Fest 2019

Physical activity is a key aspect to aging well and Sligo Sport and Recreation Partnership continues to promote this message through their annual Seniors Sports Festival. The event, which is a collaboration between SSRP and the HSE West, targets older adults throughout Sligo and this year's event at the Knocknarea Arena, IT Sligo catered for over 100 older adults from 24 different active age and community groups from around the county. The SSRP Seniors Festival celebrates physical activity for older people by providing a range of sports and physical activities during the day which participants can try out, and if interested can then link with SSRP to organise to continue with activities at their own centre or group. Alternatively they can choose to link in with the many SSRP programmes and initiatives which are ongoing and which cater for older adults.



The day's activities started with a group warm up to music followed by a walk in the sunshine which got everyone smiling and ready for the more serious business of the annual Kurling competition. In addition to this, those who participated had the opportunity to try out Go for Life Games, Dance, Archery and new to this year's event was Chair-based Volleyball which proved to be a great hit. The HSE Retired Persons Group played brilliantly to win a very competitive Kurling competition for the second year running, but more importantly the older adults who attended were empowered and encouraged to get active and stay active throughout their later years.



### Otago Programme Helps Prevent Falls

Older people are at a much greater risk of falling and suffering fracture due to frailty. With more people now living longer, the need for suitable physical activity interventions to support older adults to improve their balance, strength and endurance is essential. Hence, the Otago falls prevention programme, originally developed in New Zealand, was introduced locally by the HSE West with support from SSRP to develop strength and balance in those at risk of falling.

Participants were referred through the HSE West Community Physiotherapy department and followed an initial 6 week introductory programme led by the HSE Community Physiotherapist. This was then supported by an identified local fitness provider, Fitness for All, who also received training in the programme and facilitated a follow up 20 week programme involving 8 older adults focusing on developing the functional capacity of the older adults involved to enable them to significantly reduce the risk of falling and to increase opportunities for older people to participate in wider society and live fuller lives.

## Active Seniors

### Ageing Well Wednesdays

SSRP linked with the Health Promotion Department of the HSE West in the new Ageing Well Wednesday's Initiative designed to inform older people on how to make healthy lifestyle changes through a series of talks. The physical activity aspect of the programme was delivered by the SSRP Sports Inclusion Officer and gave the participants an outline of the various programmes and activities available locally for older people to engage in. It also encouraged people to aim to reach the physical activity guidelines for older adults of 30 minutes of moderate physical activity at least 5 times a week.



### Go for Life Games



*'It's never too late and age should never be a barrier to being physically active'*. That was the message from the recent Go for Life Games initiative run by SSRP for older adults. The Go for Life Games initiative in Sligo involves collaboration between SSRP, the Health Promotion department at IT Sligo, Sligo County Council (Age Friendly) and Go for Life. Promoting healthy ageing through physical activity is a hugely important task given the ageing population in Sligo and the fact that more people

over 65 years of age are living longer. Living well means being active and the Go for Life games programme celebrates physical activity for older people through the provision of adapted indoor games. Over 40 adults from five local groups in Sligo; MCR Active Age, West Sligo Young at Heart, Cranmore Women's Group, Calry Active Retirement and Nazareth Care Village participated in a Go for Life Games Tournament, which was the culmination of an initial training workshop by national Go for Life trainers for identified Physical Activity Leaders (PALs) in each group



followed by a number of practice sessions to familiarise players with the three target games involved.

The Go for Life programme works by empowering older people to be more active more often, a point emphasised by Mayor Cllr Rosaleen O' Grady who attended the event. The Mayor highlighted the importance of working together to provide quality opportunities for older people in Sligo to engage in regular physical activity. It is with this in mind that SSRP acknowledges the work of the Health Promotion students from IT Sligo who jointly organised and co-facilitated the event and Sligo County Council (Age Friendly) who provided key funding and support towards the initiative.

## Women In Sport

### Supervalu Fit 4 Life Women's 5K Series 2019

The Supervalu Fit 4 Life Women's 5K Series is now one of SSRPs principal Women in Sport initiatives. Both Sligo Sport and Recreation Partnership and main sponsors Super Valu are delighted with the fact that the Series continues to draw women of all ages and abilities with a total of 161 different women participating over the three events combined. The 2019 series was reduced from six events to three to encourage more women to try and participate in all events in the Series and over 30 local women achieved this.



Each of the participants who completed at least two events in the Series were presented with a 2019 Fit 4 Life Women's 5K Series running vest. The three events this year were hosted by Sligo AC, North Sligo AC and South Sligo AC and next years Series will see the other three local clubs in Sligo, Corran AC, Tireragh AC and Calry AC host the 2020 Series events.

### Wind in their Sails...

There is an ever-growing movement that has women at the helm through Women on Water Ireland, which has the aim of raising the participation, profile and level of women's water sports in Ireland. Sligo Yacht Club with support from Sligo Sport and Recreation Partnership is taking notice and responding in kind with an annual just-for-women programme and offering new opportunities for this growing community of sailors. The introductory programme which ran over two weekends in July last offered an easy, fun, low-stress way for 10 women to gain an introduction to the sport of Sailing allowing women a chance to see what Sailing is about, to connect with like-minded ladies in the area, and to enjoy a couple of hours on the water without a significant time-commitment or cost. The good news is that learning to Sail and loving it is accessible to all women, regardless of age or background.

**For more information check out [www.sligyachtclub.ie](http://www.sligyachtclub.ie).**



## Education and Training

### Sligo Sport and Recreation Partnership Club Development Grant Aid



Sligo Sport and Recreation Partnership is committed to supporting a quality coaching workforce in County Sligo. The Partnership provides grant assistance to sports clubs/organisations within County Sligo for Club Training Initiatives to support their voluntary coaches and club administrators to develop their skills and knowledge. To date during 2019 SSRP has supported coach education/club training initiatives across a range of sports including **Boxing, Rowing, Soccer, Kickboxing, Gymnastics, Table Tennis, Basketball, Karate and Taekwondo.**

For further information on the SSRP Education and Training Grant Aid Scheme contact the SSRP office at

### 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 first half of 2019 SSRP delivered **5 Awareness workshops with 80 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 first half of 2019 SSRP held **2 Children's Officers course with 21 participants.** Additional Safeguarding 2 courses will be rolled out in Autumn/Winter 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. During the first half of 2019 SSRP held **1 Designated Liaison Person (DLP) Workshop with 17 participants.** Additional Safeguarding 3 courses will be rolled out in Autumn/Winter 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

### 3rd iCoachKids International Conference held in Limerick

Under the overall theme of 'Child Centred Coaching', an international line-up of renowned youth sport experts delivered keynotes, workshops and practical sessions over the two-day event, held on 14<sup>th</sup> and 15<sup>th</sup> June by Sport Ireland Coaching at the University of Limerick. Over 330 coaches from 25 countries including two SDO's from Sligo Sport and Recreation Partnership attended to learn from over 30 different keynotes, workshops and presentations that explored the theme: Child-Centred Coaching. Speakers and coaches had an opportunity to discuss at length what this holistic approach is all about and how to bring it to life in our day to day interactions with the children we coach. Coaches in Sligo interested in learning more about the Child Centred Coaching can attend a series of Workshops this autumn. Coaching Ireland has developed the 'Coaching Children' series of Workshops. The 4 workshops are designed to specifically 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. The concepts of Physical Literacy and Holistic Development run throughout the series of workshops.



### Fundamentals of Climbing

On 23<sup>rd</sup> and 24<sup>th</sup> February last nine members of Sligo Climbing Club travelled to Limerick to attend Mountaineering Irelands Fundamentals of Climbing 1 and 2.



The course took place at the SUAS Climbing Centre in Limerick. This training improved the knowledge and skills for coaching climbing. This training is funded under Sport Ireland Dormant Accounts Volunteer Support Programme.

### Basketball on the Rise

SSRP hosted an Introductory Basketball Coaching Course at Skreen Dromard Community Centre with Basketball Ireland, aiming to increase the number of qualified coaches, teachers and volunteers who are interested in becoming involved in coaching Basketball locally.

It was fantastic to see participants from all sides of the County attending including Grange, Castleconnor, Coolaney, Rosses Point, Skreen and Sligo Town.



### Table Tennis Roadshow inspires interest in Coach Education



Following on from the Table Tennis Road Show in December 2018, Jing Yi from Table Tennis Ireland returned to Sligo in April for two Introductory Table Tennis Coaching Courses in two Sligo locations. A total of 31 participants attended over the two days. There were participants from all across Sligo who attended from schools, community games, community centres, Special Olympics, Bunninadden and Sligo City Table Tennis Club and SSRP coaches, which brings great confidence for the development of Table Tennis in Sligo.

There were participants of all ages and abilities who attended over the two days at Sligo Grammar School and in Bunninadden Sports and Leisure Centre. The future of Table Tennis is looking bright in Sligo!

**2019 SSRP CALENDAR OF EVENTS & TRAINING**

DATE	EVENT/COURSE	TIME	VENUE/CONTACT
<b>AUGUST</b>			
Ongoing until End August	Outdoor Gym	10-11am 11am-12pm	Doorly Park Contact SSRP for details 07191 61511
Aug- Oct	Ladies Try a Tri initiative	Various	womentrisligo@gmail.com
21 <sup>st</sup> Aug	Bike for Life Cycling Programme	6pm -7.30pm	Riverside week 1 - Varies each week Contact SSRP for details 07191 61511
<b>SEPTEMBER</b>			
Ongoing/Saturdays	Sligo parkrun	9.30am	Doorly Park, Riverside, Sligo
18th 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
26 <sup>th</sup> September	Super Valu Primary Schools Athletics Fest	10am – 2pm	IT Sligo Athletics Track Contact SSRP for details 07191 61511
23 <sup>rd</sup> - 30 <sup>th</sup> Sept.	European Week of Sport	TBC	Various locations Contact SSRP for details 07191 61511
28 <sup>th</sup> September	Ladies Tour of Lough Gill	10am	Contact Innisfree Wheelers www.innisfreewheelers.com
<b>OCTOBER</b>			
October (TBC)	Ladies Try-a-Tri Event	TBC	Sligo Regional Sports Centre womentrisligo@gmail.com
6 <sup>th</sup> October	Winter Adventure Walk Series	10am	TBC Contact SSRP for details 0719161511
20 <sup>th</sup> October	Winter Adventure Walk Series	10am	TBC Contact SSRP for details 0719161511
TBC	Autism in Sport Workshop	TBC	TBC Contact SSRP for details 0719161511
25 <sup>th</sup> October	Winter Adventure Walk Series	6.30pm	TBC Contact SSRP for details 0719161511
TBC	Introduction to Orienteering Event	TBC	Cleveragh Park Sligo Contact SSRP for details 0719161511
TBC	Secondary School Indoor Rowing Blitz	10am to 2pm	Contact SSRP for details 0719161511
<b>NOVEMBER</b>			
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
3 <sup>rd</sup> November	Winter Adventure Walk Series	10am	TBC Contact SSRP for details 0719161511
<b>DECEMBER</b>			
Date TBC	Child Protection Safeguarding 1 (Awareness) training	6.30-9.30pm	Sligo Education Centre Ballinode Contact SSRP for details 07191 61511
Date TBC	Child Protection Safeguarding 3 (Designated Liaison Person training)	6.30-9.30pm	Sligo Education Centre Ballinode Contact SSRP for details 07191 61511

Above is a snapshot of some of the events and training opportunities organised by Sligo Sport and Recreation Partnership to date for the coming months. Please keep in contact with us via our **website** and **Facebook** page for more events, courses, and training opportunities arising over the coming months.

**Web: [www.sligosportandrecreation.ie](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)

## 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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Quay Street, Sligo

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