

The Newsletter of Sligo Sport and Recreation Partnership

December 2019

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20 years of Youth Sport West

Twenty years on, the Youth Sport West extra curricular school sports programme, a joint initiative between Sligo VEC (now Mayo Sligo Leitrim ETB) and SSRP continues to be in huge demand by schools. An impressive 151 programmes involving 5,017 participants and 45 different schools were facilitated in 2019. *For more see page 16*



National Volunteer of the Year Award

Triathlon Ireland National Volunteer of the Year was awarded to Kate Hawney Sligo Triathlon Club, in recognition of her outstanding work in overseeing the Women's 'Try a Tri' for the last 9 years, an initiative supported by SSRP. *More on page 2...*



Operation Transformation 2020



Operation Transformation is a great opportunity to kick start an active and healthy New Year and on **Saturday 18th January 2020 at 11am** RTE OT will be promoting walks countrywide. So be sure to join some of the Sligo Walks,...for details check out the SSRP and RTE OT websites and Facebook pages.

Gym Able

Dynamo Gym Club coaches were invited to the National GymAble Forum to share best practice in delivering GymAble for children with a disability, a joint initiative with SSRP, Gymnastics Ireland and St Cecilia's school.



More on page 21

Thank you to everybody who supported SSRP in 2019 to get 'More People, More Active, More Often', including the many volunteers in sports club/communities, our partner agencies, the SSRP Board of Directors and Sport Ireland.



We wish you all a Happy Christmas and an active and healthy New Year. *From SSRP Staff: Deirdre, Andrea, Shane, Diane, Theresa and Denise*

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

Congratulation to Kate Hawney - Triathlon Ireland Volunteer of the Year 2019

Sligo Sport and Recreation Partnership extends our congratulations to Kate Hawney on her richly deserved Triathlon Ireland Volunteer of the Year Award. Kate has been instrumental in facilitating the Women in Sport 'Try a Tri' for the past 9 years. Throughout this time she has enabled hundreds of inactive women of all ages who could only dream of doing a 'Try a Tri' to make it a reality by being with them to encourage and support them along the way, building their confidence and most importantly giving them a lifelong love for physical activity.



Sligo Triathlon Club PRO John Graham reflected on the role Kate plays in the club:



"Kate has been with the club for 10 years & from that first year right through to present day she has thrown herself into all things Sligo Tri. Always available to help out in club events her main input has been to the clubs Womens Initiative which has been running for 9 years. This aims to introduce women to triathlon for the first time but more importantly get them back into enjoying exercise again. For each of these 9 years Kate has supported, coached & organised the 6 weeks of training on all elements of triathlon culminating in a Tri a Try as the finale. The event sells out every year with nearly 400 women of all ages & abilities taking part so far. As well as organising & coaching she provides moral support, agony aunt & an inspiration to those taking part. Each year she gets messages on how the event has literally changed lives & the major part she has played in that. Many getting in touch years later to let her know of sporting feats they have achieved since or the catalyst the event was to positively effecting so many parts of their lives. The ladies are lucky that Sligo Triathlon club has created this initiative. Sligo Triathlon Club are lucky that Kate has taken the initiative to her heart given, it her all each year & made it the amazing, trailblazing success it has been."

Dormant Accounts Funding Announcement for Project in 2020

Minister for Transport, Tourism and Sport, Shane Ross TD, and Minister of State for Tourism and Sport, Brendan Griffin TD, recently announced an investment package of €4.2 million in Dormant Accounts Funding for a wide range of sport and physical activity measures countrywide. The funding which is administered through Sport Ireland includes an allocation of €113,885 to Sligo Sport and Partnership for community projects. The projects funded in Sligo are:

- Sligo East City and Bunninadden Community Sports Hubs, • Sligo Urban Outdoor Adventure Sports Initiative
- Disability Sports Equipment, • Volunteer Support Programme.

Commenting on the funding SSRP Chairperson Emer Concannon stated *"We welcome the funding announcement for Sligo Sport and Recreation Partnership. A particular emphasis will be placed on implementing programmes to promote physical activity in disadvantaged communities, making sport and physical activity accessible for people with a disability, the development of programmes to address transitions and drop out from physical activity and building community capacity"*.



Sports Capital Funding

On 15th November Shane Ross TD, Minister for Transport, Tourism and Sport, and Brendan Griffin TD, Minister of State for Tourism and Sport, announced local project funding under the Sports Capital Programme (SCP).

A total of €37 million was allocated to 994 different projects with 37 different sports benefitting. In Sligo, 22 clubs received €634,204. Well done to all the groups who were successful and SSRP wishes all funded groups all the best in delivery their projects and in doing so contribute to getting more people physically active.

Club Development

SSRP facilitated a Special Project Participation Grant Scheme in Spring 2019 through which €15,000 was allocated to 18 sport and physical activity projects which support the achievement of SSRP outcome of 'More People, More Active, More Often'. Feedback received from clubs indicates that many worthwhile projects were facilitated. A snapshot of some of the projects include...

County Sligo Surf Club

The club's primary ethos is to assist families to enjoy Surfing together in a fun, safe and non competitive manner. Many people benefitted from the initiative in 2019 including 100 adults, 130 children and 2 people with a disability. Programmes delivered throughout the year included 'The Hour of Power' for children new to Surfing, 'The Paddlers Pack' for members with more experience, 'Board Riders' shared sessions in Strandhill, Streedagh and Rossnowlagh, 'Parents Sessions' for mums and dads, 'Saltwater Sistas' for young progressing girls and 'The Queen Maeve Open' an opportunity for our younger members to get their first taste of a competition without the pressure of a National Tour event. A club official summed up the overall impact as follows *'We extended our membership and broadened our appeal to members of all ages'*.



Sligo Ladies Gaelic Football

The Sligo LGFA rolled out a number of initiatives throughout the season aimed at developing the sport of Ladies Gaelic football within the county at underage level which involved 458 participants. A key project focus was on attracting and retaining new participants. To this end a focus was placed on developing coaches ability and skills through a series of workshops. Weekly training sessions at clubs, county blitz events and participation in provincial games formed part of the project with a particular focus on under 10 age group.



Easkey Rounders Club



Easkey Rounders Club continued to make great strides in 2019. Project elements included weekly coaching and training programmes for all age groups and participation in various events, all of which was underpinned by the development of club coaches with 7 club members completing the GAA Foundation Coach Training in Rounders.

The club is proud of its achievements in 2019 with a club organiser remarking *"This year we expanded our membership from girls to include both boys and adults and we were overwhelmed by the response. We registered 75 junior players and 37 adults"*.

Club Development

North West Stormers

North West Stormers is a recently established multisport club for people with physical disabilities. The club which caters for children up to the age of 13 meets twice monthly on a Sunday for an hour to do various sporting activities. In 2019, activities have included Cycling, Kayaking, Yoga, Wheelchair Basketball, Archery, Soccer, Power Chair Football and Multisport fun sessions. 6 young people with a disability along with 11 adult parents and 9 of their siblings take part in the club. One of the club organisers remarked “We have also recently acquired our

new kit which we are all very excited about. It’s great to have a ‘uniform’ which connects us all as a club”. He added “The children and their parents and siblings who take part in this club have a wonderful time together and thoroughly enjoy the opportunity to partake in sporting activities which their peers take part in already”.



County Sligo Swimming Club



In 2019 the club delivered a series of 4 skill and technique-based workshops ‘Starts and Turns’ at the Sligo Regional Sports Centre. The focus was on younger swimmers aged 10 to 14 (both boys and girls and included several special needs swimmers). 72 youths and 5 people with a disability participated in the workshops. The workshops were a great success and provided several positive outcomes for the children with a club committee member stating “We chose to focus on swimmers aged 10 to 14 (both boys, girls and special needs swimmers) as this is the age group where we as a club experience drop off as the swimmers reach early teenage years (especially girls). We were delighted to have a participation rate of 82% of swimmers from Groups 1, 2 and 3 (72 swimmers)”.

Strandhill Golf Club

The club undertook a junior coaching initiative aimed at increasing participation, improving the skills level underage players and addressing issues relating to gender imbalance. The programme focussed on providing tuition, life coaching and improving social skills within the junior section for the enjoyment and continued development of the sport. Positive outcomes from the programme included 16 new club members. A club committee member noted “The big difference this year was the sustained participation of 6 girls, normally as the year develops this is an area where we would have seen many drop out or reduce the number of hours they attended”.



Ballinacarrow Boxing Club

The club facilitated a two day workshop targeting youth from the Ballinacarrow Club and neighbouring Boxing Clubs. The initiative focussed on developing fundamental Boxing skills, talent



identification and wellbeing talks. A particular focus was placed on recruiting participants from disadvantaged backgrounds. Boxing skill development formed a key part of the workshops, discussion on the importance of physical activity in maintaining a healthy lifestyle and how this can positively impact other life choices was also incorporated into the activities. The club coach remarked “The funding was fundamentally important to this project. It allowed the club to coordinate a two day workshop which had a very positive impact on the group and has facilitated some changes to the day to day running of the 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.



Beginners to Swimmers

SSRP with support from Swim Ireland linked with the Resourceful Ladies Community Group and the Sligo Sports Complex to deliver Swimming lessons geared towards beginners who wanted to build their confidence in the water and learn the basics of swimming. The swim instructor provided encouraging support and guidance for all the women, through fun and interactive sessions, resulting in all 8 women now feeling comfortable in the water and swimming unassisted.



Walk this way for a Halloween Scare

Sligo East City Community Walking Group enjoyed a haunted hike around Cleveragh in their spooky costumes for Halloween, just a flavour of the weekly friendly fun and frolics amongst this group. They now have their Santa hats at hand ready for their Christmas Walk on 19th December.

New members are always welcome to join their weekly walking programme, who meet every Thursday at 10.15am at the Riverside Hotel.



Sligo East City Community Sports Hub



Sligo Lawn Bowls Club Celebrating Good News

Sligo Lawn Bowls Club Committee were delighted to hear the announcement of the Sport Capital programme, where they have received funding towards the development of a club house at Cleveragh park, which will greatly support their efforts in developing a social and safe age friendly facility for lawn bowls. The green is also full of action with their Winter League now in full swing.

Cranmore Co-op Reaching Out to All through Sport

The Cranmore Co-operative Society ran their first Adult Summer Camp with support from SSRP, to provide a taster session of fun outdoor activities and a men's Kayaking session introducing adults in the area to the many clubs and fun physical activity opportunities at Doorly Park. Based on the huge interest in the successful community Soccer programme involving 50 local children at Sean Fallon Pitch, the Cranmore Co-operative Society facilitated their first Summer Soccer camp in August supported by SSRP.



Community Yoga

A new Community Yoga Programme linked with the Abbeyquarter Community Centre and the Cranmore Co-operative Society supported by SSRP got off to a great start with 16 participants. The programme focuses on building strength, flexibility and breath control, as well as boosting physical and mental wellbeing.



Top Award for Local Community Games

Cornageeha /St.Anne's Community Games have been nominated for a Silver Award from the National Community Games Steps to Health initiative, for entering the largest amount of children in events from their area, which seen 200 children participate in a range of events including Soccer, Gaelic, Gymnastics, Athletics, Skittles, Dance, Basketball and Swimming. Both the committee and local schools in the East City area, have worked closely together to ensure all children could get involved, and SSRP were delighted to support their efforts through the Community Sports Hub initiative.



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 year 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.



Celebrating Bunninadden Family Fun Day

Bunninadden celebrated their first ever Bunninadden Family Fun Day in August in Bunninadden Community Centre. The evening was attended by the various community groups and locals of all ages. The evening comprised of taster activities of all the various programmes that are ongoing in the community and activities organised by the centre through the Bunninadden Community Sports Hub initiative for the autumn/winter months ahead such as the Men's Indoor Rowing, Children's Fitness Fun, Adults Multi-Fit, Bunninadden Table Tennis Club, Bunninadden Community Bowls Group and Bunninadden's new outdoor Bowles. A highlight of the evening was the opportunity to acknowledge Alan Taylor from Bunninadden Table Tennis Club who was awarded 'Coach of the Year' from Table Tennis Ireland 2019. In the presence of a

large crowd from the local community representatives from the club, community centre and SSRP acknowledged the wonderful voluntary effort by Alan over the years to develop Table Tennis in the community with great success which includes club members representing Ireland on the international stage.



Bunninadden Community Sports Hub

Launch of Ballinalack Community Park Outdoor Gym

The Ballinalack Community Park Outdoor Gym was funded as part of Sligo Sport and Recreation Partnership's Bunninadden Community Sports Hub Initiative. The Outdoor Gym launch took place in August in Ballinalack Community Park, Bunninadden. The launch was celebrated by representatives from the Bunninadden Community Sports Hub Steering Committee, Ballinalack Community Park Committee members, local representatives and SSRP. The launch also included an introduction and demonstration with an SSRP coach on how to use the new Outdoor Gym equipment. The launch night marked the first session of the Outdoor Gym 6 week programme.

The Outdoor Gym is currently open to the public at Ballinalack Community Park, Bunninadden.



A Safe Space for Cycling in Rural Community

After a successful cycling taster day for National Bike Week at Ballinalack Community Park, a 3-day Cycling Ireland Sprocket Rocket Camp was organised in August. The children learned all the skills for Cycling through fun drills and games. Ballinalack

Community Park is an ideal location for children's Cycling with the safe carpark, tarred surface and exercise trail around the park.

Ballinalack Community Park is free for the local community to use and make the most of the facilities.



Bunninadden Youth Fitness Fun

In November 2019 Sligo Sport and Recreation Partnership piloted a new community 'Fitness Fun' programme for children from 5-12 years in the Bunninadden Community Centre which was attended by over 40 children. This programme provides a variety of sports and activities such as Dance, Multi-skills, Boxing fun etc. involving all the FUNdamental movement skills. The children enjoyed the fun games with the new range of multi-skills equipment that was purchased for the centre through funding from the Bunninadden Community Sports Hub. Based on the levels of enjoyment, positive feedback and high levels of interest in the programme the hope is to restart again in January 2020.



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 outdoors. 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.



Record Attendance at Schools Kayak Event

The Call of the Wild Sligo Schools Kayak Competition took place on the Garavogue River in Sligo in October. This event, organised by Sligo Grammar School Kayak Club with support from SSRP, saw a record 48 participants. Students representing Sligo Grammar School, Summerhill College, Ursuline College and Sligo Community Training Centre took part in a series of Kayak races in tough paddling conditions. Wild West Adventures and Sligo Kayak Club made their kayaks available for use on the day to accommodate the large entry. The new pontoon facility in Doorly Park enhanced the event and allowed a safe area for the kayakers to assemble and rest between events on the day. Presentation of medals, promising paddle award and t-shirts, kindly sponsored by Call of the Wild, took place afterwards at the Sligo Grammar School Kayak Clubhouse. The Alex McGourty Perpetual Boat was presented to the winning school, Sligo Grammar School.



Urban Outdoor Adventure

Get Going Get Rowing Indoor Rowing Blitz – A big hit with Teenagers

The first ever schools indoor Get Going Get Rowing Blitz took place at Sligo Tennis Club in October. The event ran in partnership with Rowing Ireland and SSRP, saw 7 schools take part, Coláiste Iascaigh, Ballinode College, Mercy College, Sligo Grammar School, Summerhill College, Ursuline College and Coláiste Muire Ballymote with 95 teenagers rowing on the day. The Blitz ran off extremely well with each team, made up of 5 rowers, taking part in two events, the 2000m row for time and a maximum distance row in 10 minutes. The atmosphere was electric with Rowing Ireland providing live action boats on the big screen for all to see, teams cheering on their fellow schoolmates, along with the MC giving stroke-by-stroke commentary for each race. The work rate was hard but the enjoyment was huge making this a great achievement for all the young rowers on the day.



Ballinode Community College students take to the Water

As part of the Urban Outdoor Adventure Initiative Ballinode College took part in the Get Going Get Rowing Programme, a 6 week indoor rowing programme. At the end of this programme, Sligo Rowing Club hosted the students for a taste of real rowing action on the Garavogue River in the quad leisure boats. Here students got a taste of the technique, teamwork and what it takes to row on water.

The PE Teacher who coordinated the rowing remarked *“Great experience for the students. They got the chance to experience an activity not normally offered on the PE curriculum. Although they found it challenging, they enjoyed it and the team aspect of it was a great bonding experience for the group.”*



Urban Outdoor Adventure

Autumn / Winter Adventure Walk Series

113 participants of all ages took part in four family friendly walks during October and November to highlight the walking trails close to Sligo Town. They included:

Goin' on a Bear Hunt - an Orienteering Challenge in Hazelwood forest, searching for a friendly bear that was hiding in the woods with a surprise for all who found him!

Escape into the Outdoors - a woodland through Cairns wood with an outdoor yoga session half way at a peaceful clearing under the trees.

Twilight to Starlight - a night walk through Doorly Park and Cairns Wood, a real adventure for the younger walkers on the night.

Choc'narea - the longest walk of the series completing the full 8km loop of Knocknarea enjoying a hot chocolate at the foot of the mountain before continuing back through Rathcarrick woods.



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.



'Ready to Go' Orienteering

Irish Orienteering came to Sligo in November to support SSRP in hosting an Orienteering event for schools who had completed the 'Ready to Go' Orienteering Course earlier in the year.

Over 140 children attended the day and found all the events very exciting. Cleveragh Park offered fantastic space for the many activities the children took part in which included a Map Walk, Tennis O, Symbol Relay, Demo Loops and an Orienteering Course.



Community Sport

Community Circuits in Skreen

Fun, affordable, energetic and effective fitness classes are working up a sweat at Skreen Dromard Community Centre with it's new Circuit Training programme, encompassing all types of fitness and tests all parts of the body with 17 adults involved. Circuit training is a brilliant way to get in shape and the social element of it means you're much more likely to stay motivated and keep attending. Plans are already in place for 2020, to encourage more people to get active from the community at the Centre, with support from SSRP.



Supporting Minority Groups to Get Swimming

Get Ireland Swimming is a Swim Ireland participation initiative, that SSRP is delighted to link with as a partner to deliver local initiatives including a new beginner programme with Sligo Traveller Support Group at the Sligo Regional Sports Centre. This programme has empowered and inspired 5 women from the Travelling Community to challenge themselves on their own personal journey of learning to swim.



Community Sport

Bringing Yoga to the Northside Community

After a successful introduction to chair based Yoga at a Vintage Years Come & Try session at the Sligo Northside Community Centre, SSRP supported the centre to pilot a new weekly programme designed to help people access Yoga who can't join a class that require long periods of standing and/or floor work.

The programme is focusing on the abilities of all 24 participants when it comes to the physical part and offering a whole experience including body, mind and spirit by focusing on breathing techniques different forms of relaxation.



Geevagh - A Rural Community on the Move

There is great activity in Geevagh Community with many residents in the locality attending regular community exercise classes supported by SSRP. 36 men are getting active through the very popular Get Rowing for Men programme. Lough Arrow Rowing Club linked with SSRP to develop a sustainable model of delivery following the successful pilot programmes. There are two classes, one for beginners or those who are just coming back to exercise after a long break and intermediate for those who exercise more regularly.

Also, Geevagh Resource Centre has linked with SSRP to pilot a Women's Multi Fitness Class, which is very successful with nearly 40 women taking part each week.

Creating opportunities for physical activity in rural areas like Geevagh is a priority for SSRP. The local community organisations who host the programmes have really worked hard to make sure they can keep fit and active.



Active Schools



20 years later and Youth Sport West is in demand more than ever



Since 1999 when it was established by Sligo VEC (now MSL ETB) Youth Sport West has gone from strength to strength in providing school-aged children the opportunity to participate in a range of fun sporting activities. The 2019 school year was a very busy one for the programme with over 150 extra curricular sport and physical activity programmes delivered in 18 varieties of sports and activities across 41 different schools. A total of 5017 children (2417 boys/2600 girls) took part in Youth Sport West throughout the school year which was facilitated by SSRP.



Once again this year, Gymnastics proved to be the most popular school activity. By providing SSRP coaches to deliver on activities such as Gymnastics, teachers can shadow the coaches and learn their various games and activities to build their capacity to cover gymnastics in their school curriculum in the future.



Another activity that is proving very popular amongst schools is Orienteering and a highlight was the Irish Orienteering Association in conjunction with SSRP organising an Orienteering day out for schools at Cleveragh Park. In addition, Dance again



proved to be a popular activity amongst schools throughout the year. YSW gives schools the opportunity to offer children activities that the teachers often are not confident enough to deliver themselves. By shadowing the SSRP coaches the teachers are building their confidence to deliver these activities in the future.

Active Schools

Primary Schools take on Rugby World Cup Series



Sligo Rugby Football Club and Connacht Rugby with support from SSRP Youth Sport West project partnered up to organise a very successful Connacht Rugby World Cup School Series in October for pupils in Sligo RFC with 20 schools and approximately 650 children taking part on the day. Each school represented a different country taking part in the Rugby World Cup with each school wore their country colours and had their countries flags flying high. Also, the partners also came together to organise two very successful Tag Rugby Blitz Events in September. The blitz events were non-competitive, fun, and participation based with each team getting an equal number of games on the day. The blitz events took place in two locations, Sligo Rugby Club, Strandhill and Ballymote Community Pitch with over 650 children and 19 schools attending and receiving an introduction to Tag Rugby.



1,200 children from 43 primary schools enjoy Athletics



The annual SSRP SuperValu Primary Schools Athletics Fest took place in September and once again proved to be a huge success with a record number of participants enjoying a great event at the Athletics track at IT Sligo. Over 1,200 primary school children representing 43 primary schools from all over County Sligo took part. There were relay races, individual races and this year saw the introduction of a new field athletics event, Shot Put for both boys and girls on the day. The event has been running for years 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 initiative was promoted at the 2019 Athletics Fest.



Active Schools

Ag Súgradh le Chéile- Encouraging Families to Exercise Together

Nineteen Ag Súgradh le Chéile programmes involving 273 children and 264 parents/ guardians were facilitated in 2019. Scoil Ursula was one of the many primary schools who hosted workshops for the parents and children in the infant and 1st class age group. The Ag Súgradh Le Chéile workshop encourages active play between parents/ guardians and children through fun games and activities. Adults learn a number of games and activities they can play with their children at home. The games are mostly co-operative and traditional and are to be played for fun so everyone can join in. This programme was developed by the Health Service Executive is co-ordinated the SSRP. Schools can avail of this workshop free of charge.



To book a workshop contact theresa@sligosportandrecreation.ie or 071 9161511.

Girls Active – Embraced by Schools in County Sligo



13 education centres across Sligo delivered the Girls Active extra curricular programme for teenage girls at their schools, with over 300 girls availing of the activities in 2019.

The programme offers schools the opportunity to provides extra curricular non competitive recreational physical activities for girls only participation, targeting girls who prefer not to engage in the school team sports .



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 2019. 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.



Games for All Continues to Thrive

The Games for All programme for adults and children with a disability was set up to provide a quality participation opportunity for people across a wide range of disabilities ranging from mild and moderate to severe and profound. Currently, 15 adults and 21 children with a disability benefit from this valuable programme each Saturday morning which takes place at Sligo Regional Sports Centre.



Delivered by experienced SSRP coaches and supported by a number of SSRP volunteers each week the programme involves warm-up activities, skills sessions and fun games with the focus

on the participants overall sporting and physical development rather than on a specific sport, with the emphasis on fun, enjoyment and social interaction. The 'Games For All' approach provides those involved with the opportunity to develop the key fundamentals of movement (agility, balance, co-ordination) where everyone has the opportunity to succeed and improve.



Woodlands for Health

The Woodlands for Health project was established in Spring 2019 to provide an opportunity for individuals who experience mental health challenges to walk in woodland areas around County Sligo. The programme continues to positively impact on the health and well-being of those participating.

Up to 14 adults from a number of mental health services in Sligo have participated in the second scheduled programme of walks, led by an experienced and knowledgeable walking leader. A key aspect of the programme involves the link between SSRP and Sligo/Leitrim HSE Mental Health Occupational



Therapy Department which ensures those who will most benefit from the programme can access it.

Sport for People with a Disability

Inclusive Archery Comes Indoors



SSRP and the Carrowmore Archers Club have linked to develop a new indoor element to their inclusive Open Archery programme thereby making the programme more accessible to people with disabilities. The programme runs weekly at Summerhill College and primarily targets both adults and young people with limited mobility/physical disabilities to come along and try out this great sport under the guidance of expert instructors in a safe environment. This new town based venue has opened up the sport of Archery to more people with a disability. In addition, a range of new and improved adapted equipment for the programme is encouraging increased inclusion for all ability levels.

Student Coaches Learn to Adapt

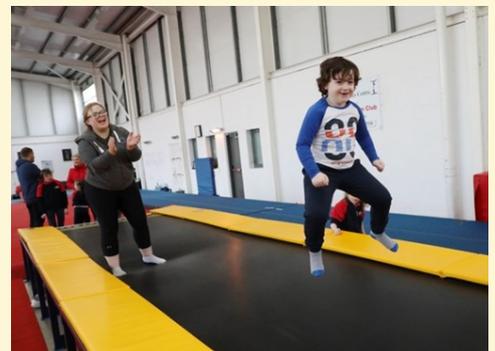
An innovative programme developed between SSRP and the Sport with Business Department at IT Sligo was established to provide an opportunity which facilitated motor skill development in a high quality, well supported environment for children with Down Syndrome. Providing learning opportunities which assisted each individual child to play and move, developing their physical, social, emotional and cognitive growth was the focus of the programme.



The skills acquired and practiced over the course of the programme not only developed the physical capabilities of the children but taught them to understand their skills through everyday movement and games. The young people involved derived great enjoyment from the programme, learning and gaining some of the keys skills to help them remain active through life.

GymABLE Delivers Gymnastics For All

The Sligo based GymABLE programme co ordinated by SSRP and Dynamo Gym Club with support from Gymnastics Ireland has been recognised nationally as a model of good practice when it comes to providing Gymnastics opportunities for people with disabilities. The programme targeted children with a range of disabilities from St. Cecilia's School and was highlighted at the National GymABLE Club Forum hosted by Gymnastics Ireland in December 2019. The forum targeted club managers, coaches and members who have an interest in developing Gymnastics programmes which are inclusive of people with disabilities. The local GymABLE programme addresses one of the key actions outlined in the National Sports Policy around inequalities which exist in terms of sports participation opportunities for children with disabilities in comparison to their non-disabled peers. The collaborative approach adopted involving SSRP, DyNamo Gym Club and Gymnastics Ireland and St Cecilia's School ensures the programme is of a high quality and accessible for all.



To view the programme in action see....<https://youtu.be/jeGmuiYqb8E>

Active Seniors

Ageing Well With Exercise

Promoting physical activity for health and wellbeing as people age is a key commitment of SSRP. Through the ongoing 'Go for Life' and 'Mature Movers' programmes SSRP supports opportunities for physical activity amongst older adults. Providing access to activities which are both age friendly and accessible is vital, and SSRP has responded to this through the facilitation of programmes. such as Yoga, Dance, Kurling, Boccia and Go for Life Games. A recent initiative is the new link established between the Nazareth Care Village group and HSE Nazareth House facilitated by the SSRP. This link has enabled the sharing of resources with the result that the HSE Nazareth House have allocated a weekly timeslot at their recently refurbished community indoor facility to the older persons of Nazareth Village. This has enabled the group to avail of regular physical activity sessions in a welcoming and accessible environment .



Go For Life National Grant Scheme 2019



The Go for Life National Grant Scheme for Sport and Physical Activity for Older People 2019 provides an important funding opportunity for local Active Age groups and community organisations who aim to get older people physically active.

In September of this year SSRP facilitated a workshop to offer advice and support to local groups in Sligo on the funding application process. Twelve older persons groups attended the workshop and all were successful in securing various levels of funding to support their physical activity programming in 2020.

For the full list of funding allocations which was announced in December see over...

**Age &
Opportunity**
Life is for
Living.

Arthritis Ireland Sligo	250
Ballintogher ARA	250
Ballymote ARA	250
Ballymote Community Nursing Unit	250
Ballymote Family Resource Centre	260
Benbulbin COPD Support Group	250
Calry ARA	260
Carraroe and District Regeneration Assoc. (Walking)	250
Cliffoney ARA (Young at Heart Club)	250
Collooney & Ballinacarrow ARA	260
Community of Lough Arrow Social Project CLG	400
Coolaney ICA	250
Cranmore Women's Group	270
DeafHear Sligo	260
Drumcliffe ICA	250
Dunally ICA	250
Enniscrone Men's Shed	260
Enniscrone Women's Activities Club	260
Gleann ICA	250
Gurteen Ladies Social and Wellbeing Group	260
Lakeview ICA	250
MCR Active Age Group	250
Nazareth House Nursing Home, Sligo	250
Nazareth Village Residents Association	260
Riverstown ICA	250
Skreen Dromard Seniors	260
Skreen/Dromard Community Care ARA	270
Sligo ARA	250
Sligo HSE, North West Retired Persons Group	260
Sligo Lawn Bowls Club	260
Sligo Men's Shed Association	250
Sligo Social Services	260
Sligo Sports and Recreation Partnership	1300
Sligo Town ICA	250
Star of the Sea Strandhill ARA	260
Tubbercurry ARA	270
West Sligo Young @ Heart Club	260
Womens Group Coolaney	270
	10920

Women In Sport



Great interest in Bike For Life

August and September saw 31 participants take part in the Bike for Life programmes weekly social cycling spins. The sessions were delivered by cycling coaches from the

SSRP coach database with assistant volunteers from the local Innisfree Wheelers Cycling Club.

A number of participants went on to take part in the Ladies Tour of Lough Gill cycle at the end of September.



Women's Tour of Lough Gill

The annual Womens Tour of Lough Gill cycle took place with 52 women taking to their bikes on a wet and windy September day. This year, participants had the option of the 40km leisure cycle or the new longer 65km leisure cycle. The cycle is designed for leisure cyclists and focused on newcomers to the sport. The event was 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.



AXA Community Cycle comes to Sligo



Cycling Ireland in conjunction with AXA Insurance recently launched the Axa Community Cycling programme with the aim to inspire people all over the country to get out on their bikes. AXA Community Bike Rides are a fantastic way to meet new people and connect with those living around you. These free rides are open to all adults (18 years and older), and are a safe and sociable way to exercise with the support of a voluntary cycling leader. The first leader signed up to the programme in Sligo is John Green who has been involved in cycling for the last 15 years. He wants to provide an opportunity for people to get involved in short cycles to improve their health and well-being and in doing so meet people in an outdoor environment without being under the pressure to be involved in club bike spins. John hosted his first

successful cycle on 27th November in Cleveragh Park. You can find the next one at www.axacommunitybikerides.com/rides

Women In Sport

Women's Tri a Try 2019 – Another Great Success

Glorious weather graced the finale event of the 9th annual Women's Try a Tri Initiative held in October, that saw more than three dozen women get a great start in triathlon and a chance to put all their skill development and fitness over a 6-week training programme with Sligo Triathlon Club into practice. With huge crowds there to support all 38 women who all had their own personal goals, created a great buzz, amazing feel good factor and lots emotion at this event. This increasingly popular initiative which is booked out every year is focused on taking part, trying something new and getting back into sport.

To register your interest for the 2020 programme please email womentrisligo@gmail.com



Education and Training

Coaches Inspired by Coaching Children Workshop Series

18 coaches from across County Sligo representing a range of sports including Martial Arts, Soccer, Kayaking, Athletics, GAA to name a few, completed the Coaching Ireland Coaching Children Workshop Series. The coaches are looking forward to bringing the knowledge they gained through the series back to their clubs and coaching sessions. *“A really enjoyable, thought provoking, interactive and inspiring workshop. Felt motivated and energised by the workshop.”* Course Participant Coaching Ireland developed the Coaching Children Workshop series to promote best practice in coaching children.



“Course is brilliant. I would recommend all coaches involved with children do this course and start putting it into practice so that this approach become the ‘new norm’ “ Course participant.

The 4 workshop each hosted for 3 hours in duration is a combination of theory and practical learning about the development of fundamental movement, different coaching styles and games covering balance, co-ordination, speed & agility and inclusion.

For more information on future workshops, contact SSRP at 0719161511 or theresa@sligosportandrecreation.ie.

Badminton Ireland brings ‘Shuttle Time’ to Sligo

Badminton Ireland delivered the ‘Shuttle Time’ Coaching Course to 23 participants in November in Sligo Tennis Club. The course was attended by a range of participants from Sligo Badminton Club, teachers, SSRP coaches and Special Olympics Connaught officers. All participants received the Shuttle Time Course Qualification, a free



Badminton kitbag worth €500, coaching resource packs /lesson plans and free entry to the Sligo Schools Social Badminton blitz which will be taking place in early 2020. This has now given teachers the confidence to introduce their pupils to the basic skills of Badminton in a fun and exciting way. For any school that was unable to attend on the day SSRP have qualified Badminton coaches who are available to deliver a Youth Sport West Badminton programme in your school.



Child Welfare and Protection in Sport; Safeguarding Training

Sligo Sport and Recreation Partnership continues to roll out the 3 modules of the Safeguarding Training programme. Safeguarding 1 Awareness, Safeguarding 2 Club Children’s Officer Course and Safeguarding 3 Designated Liaison Persons Course. SSRP provided the following training in 2019...

	Safeguarding 1 Awareness	Safeguarding 2 Children’s Officer	Safeguarding 3 Designated Liaison Person
No. of Courses	8	3	1
No. of Participants	128	35	16

Education and Training

Remote Emergency Care 3 First Aid Course

In November a number of SSRP supported clubs from the sports of Kayaking, Rowing and Climbing came together to complete their REC 3 First Aid Course. On this course, the focus is on dealing with incidents far from medical help with the minimal equipment you would carry while participating in or leading outdoor activities. The emphasis is on practical skills with plenty of hands-on practice including lots of outdoor scenarios, all of which the participants found very beneficial. The course was hosted as part of the SSRP Urban Outdoor Adventure Initiative.



Think, Adapt, Involve – Disability Inclusion Training workshop

Building the capacity of local coaches, sports leaders, teachers and volunteers to deliver high quality, inclusive and adapted physical activity and sports sessions for people with disabilities remains one of the key goals of the Sports Inclusion Disability project. The Disability Inclusion Training workshop, delivered by the SSRP Sports Inclusion Disability Officer (SIDO), is designed to give attendees the ideas and confidence to adapt their sessions to make them more inclusive for participants with a disability. 16 people attended the latest workshop held in November highlighting the sustained interest and work in the area of adapted physical activity and sport in Sligo.

Participants came from a variety of backgrounds including volunteers on SSRP's Sports Inclusion Disability Project, third level students, community workers, teachers and sports coaches from local clubs and schools who have been very proactive in working towards becoming more inclusive of people with a disability within their sports and physical activity sessions.



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



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

IS YOUR CLUB REGISTERED WITH US?

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

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

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

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