

The Newsletter of Sligo Sport and Recreation Partnership

Summer 2020

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Sport and Physical Activity during Covid-19

In recent months Covid-19 has affected all our lives and presented many challenges which included significant disruption to sport. Throughout the pandemic sport and physical activity has played a key role in enabling people to stay active and healthy and in particular the opportunity to exercise in the outdoors has contributed to the wellbeing of people. As the country moves through the various phases of the lifting of Covid-19 restrictions SSRP has worked towards supporting communities and clubs to stay active, and similar to all sporting groups, is planning towards a safe and gradual Return to Sport. We have been working towards building the capacity of groups to Return to Sport with advice on protocols while recently we administered a Covid-19 Small Grant Scheme for sports clubs on behalf of Sport Ireland with funding announcements to be made later this year. SSRP would like to thank the many volunteers in clubs and communities for their work to date in planning for Return to Sport and we hope everyone will stay safe.

Bike Week 2020 ready to take off!

Cllr Dara Mulvey Cathaoirleach of Sligo County Council and Chief Executive Ciaran Hayes were joined by SSRP Chairperson Emer Concannon, staff member Theresa Kilgannon and local Cycling club representatives for the Sligo launch of National Bike Week, a weeklong festival of Cycling taking place this September.



While this year saw Bike Week postponed in June it is now able to proceed with strict Covid-19 protocols in place with events for every age and ability. *For details of all Bike Week events, times and locations visit: www.bikeweek.ie or www.sligosportandrecreation.ie/bikeweek*

SSRP SuperValu Primary Schools Athletics Fest 'Staying Local' 2020

Over 1,000 enthusiastic school children representing many primary schools from across the county are expected to participate in the SSRP Annual SuperValu Primary Schools Athletics Festival 'Staying Local' 2020 an initiative of Sligo Sport and Recreation Partnership. This year the event coincides with European Week of Sport (23rd-30th Sept) and has been selected by Sport Ireland as one of their flagship events to celebrate the week long programme of physical activity. The event launch took place at St. Johns School Ballisodare with representatives from the school, SSRP, SuperValu and Sligo Athletics County Board present.



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

Active Sligo from Home Guide

'Active Sligo from Home' was compiled by SSRP as an online resource to capture some of the many innovative ideas developed for home exercise during the early phases of Covid-19 restrictions and in doing so support people to achieve the national guidelines of 30 minutes of moderate to vigorous physical activity five days a week for adults or 60 minutes a day for children. The resource caters for all ages, fitness levels and sporting interests and was categorised into 8 sections with links to Children, Youth and Family Activities, Ageing Well Activities, Home Workouts/Fitness, Activities for All Abilities, Bringing the Outdoors Home, Find your Sport- NGB Activities, Coach Education/ Training and Mind Your Well being.

The guide was updated on a regular basis as we moved through the various phases of Covid-19 and is available on the SSRP website www.sligosportandrecreation.ie



Participation in Sport jumps 3% according to latest Irish Sports Monitor Report



The Irish Sports Monitor has measured adult participation in sport and physical activity since 2007. The latest report, produced by Sport Ireland in conjunction with Ipsos MRBI, presents findings based on interviews with over 8,500 adults aged 16 and over conducted between January and December 2019. Personal exercise remains the most popular activity for Irish adults at 16%, followed by Swimming (9%), Running (7%) and Cycling (4%). Chief Executive of Sport Ireland, John Treacy said " *In particular, it's welcome to see sustained participation rates in the younger age groups in the 16-34 bracket, with over 90% of people participating in sport citing improving health and fitness as a motivating factor. Personal exercise remains the main driver for participation at 16%, which was reinforced by our recent reports on participation during Covid-19 restrictions that showed unprecedented numbers taking part in individual activity. The challenge now is to provide opportunities to sustain and further grow this level of activity. The work of the National Governing Bodies of Sport and Local Sports Partnerships is vital in achieving this.*"

European Week of Sport

Sport Ireland is actively encouraging Local Sports Partnerships to get involved in European Week of Sport from 23rd to 30th September which aims to promote sport and physical activity in countries across Europe. The week is for everyone, regardless of age, background or fitness level. With a focus on grassroots initiatives, the aim is to inspire Europeans to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more. Sligo Sport and Recreation Partnership is encouraging people of all ages to get involved and plan to take exercise each day whether it is a walk, a cycle or just some fun activity in the outdoors with family and friends. Also, SSRP is delighted that our Athletics Festival for Primary Schools has been selected as a flagship event for European Week of Sport and we look forward to witnessing over 1,000 children get involved. Other events planned include numerous Bike Week programmes, National Walking Day and a Fun Teen Swim event.



National Walking Day – A Celebration of Walking Together



Sligo Sport and Recreation Partnership is encouraging the people of Sligo to join the 3.1 million people who are walking since Covid-19 began and take part in our National Walking Day on Sunday 27th September as part of European Week of Sport. Check out Sligo Walks at www.sligowalks.ie for ideas on the wonderful variety of trails in Sligo.

Some Recent SSRP News

SSRP Annual Report 2019 highlights

Sligo Sport and Recreation Partnership launched its Annual Report for 2019 to coincide with the Company Annual General Meeting and Board meeting on 1st July 2020. The report includes an info-graph of some key achievements towards realising the goals of the SSRP Strategic Plan. At the launch of the report SSRP Chairperson Ms. Emer Concannon and Sports Co-ordinator Deirdre Lavin took the opportunity to thank the many volunteers in sports clubs and community organisations throughout County Sligo who are fundamental in enabling SSRP to facilitate opportunities for participation in sport and physical activity. Acknowledgement of the statutory agencies for their ongoing investment and support for SSRP including Sligo County Council, the Health Service Executive West, Mayo Sligo Leitrim ETB, IT Sligo and Sligo Leader Partnership Company was noted, as well as the support of Sport Ireland. Also, appreciation to the Board of Directors and the Staff at SSRP for their quality of work, commitment and dedication to the Partnership was expressed.



With our Partners our Key Achievements for 2019 include:

15,314 participants

in sport and physical activity (including 9,184 participants from disadvantaged communities)



829

Women in Sport participants (545 adults /284 teenage girls)



5,017

children in 151 Youth Sport extra curricular sports programmes



1,630

participants involved in 2 Community Sports Hubs



981

participants taking part in the Urban Outdoor Adventure Initiative



605

participants involved in the Sports Inclusion Disability Project



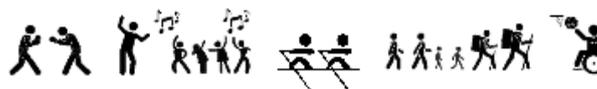
134

participants from Traveller and new communities engaged



346 Coaches/ Volunteers supported in Education/ Training

192 participants involved in Safeguarding training



2,332 participants in **29** Sports Clubs/Community Organisations benefitted from Club Development and Special Project funding

139 different Partners engaged with across Hub/ SIDO/ Youth Sport/ Urban Outdoor initiatives

27 NGBs engaged to facilitate participation initiatives

Social Media Followers
6,718 Facebook
1,245 Instagram
214 twitter

*Sport & Recreation:
A Way of Life
in Sligo*

Club Development

250 people get to Climb the Walls!

On the 15th & 16th February, the tallest portable climbing wall in Ireland visited Sligo as part of the Volunteer Support Project with Sligo Climbing Club, funded by Sport Ireland through Dormant Accounts. This event was the final event of a year's hard work by the club developing governance, participating in training and capacity building for their volunteers and members.

The event was open to the public and gave over 250 people an opportunity to have a small taste of what indoor climbing is like on the portable wall provided by 'Get West'.

The Club who participate in outdoor climbing have a dream of having an indoor facility in Sligo someday. Currently the club only take adult members. To find out more information visit their website at www.sligoclimbingclub.ie



Club Development

Women's Intro to Mountain Biking

Having a National Mountain Biking Centre on our doorstep is fantastic and SSRP acknowledges the work by Coillte with support from Sligo County Council and the local community in achieving this ambitious project for Sligo and no doubt everyone is looking forward to the phased development of the facility. In February and March this year, Northwest Mountain Bike Club ran a very successful 'Introduction to Mountain Biking' for women. With the rise in popularity of the sport in Sligo, this was a great opportunity for women to get a taste of Mountain biking as the club are working to increase the number of female members in their club. **If you are interested in Mountain Biking or joining the club check out their Facebook page <https://www.facebook.com/NorthWestMTB/>**



Special Project Funding Support for Clubs 2020

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 in line with the SSRP Strategy. The scheme involved the allocation of **€15,000** to sports clubs and organisations for club development initiatives and events.



20 projects were funded in the areas of developing water sports, sport in disadvantaged areas, club development, sport for people with a Disability and performance targeted initiatives.

A summary of some of the clubs and projects funded under the 2020 Scheme are ...

Carrowmore Archers	Sligo County Boxing Board
Shuttle Stars Badminton Club	Red Hawks Basketball
North West Stormers	Sligo Life Saving Club
Sligo Higashi Karate Club	Yeats County Hockey Club
Valley Rovers FC	County Sligo Surf Club
Sligo Climbing Club	Gateway Boxing Club
Sligo Tennis Club	Lough Arrow Rowing Club
Sligo All Stars Basketball Club	Dynamo Gym Club
Owenmore Gaels GAA Club	Sligo GAA
Ballymote Celtic FC	County Sligo Swimming 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.

Community Yoga at the Abbeyquarter Community Centre

The East City Community Sports Hub got off to a great start in 2020 with plenty of activities for all, from adult Yoga classes to fun youth Multi Sport programmes, as well as a number of sports clubs including St. John's GAA, East City Community Walking Group, Sligo Lawn Bowls Club and Sligo City Boxing Club delivering activities in the community. The coronavirus pandemic soon after brought everything to a halt, and now collectively local groups and organisations are slowly preparing for the safe Return of Sport.



Local organisations join forces during lockdown

The Cranmore Community Co-operative Society promoted the SSRP's 21 Day Physical Activity Challenge for youth in the community, delivering a copy of the booklet to all homes in the Community Newsletter, encouraging local children to keep active from home during lockdown. In addition, the Abbeyquarter Community Centre staff promoted SSRP's Ageing Well at Home Exercise Guide, in association with the HSE and Sligo County Council, ensuring a copy was delivered to all older adults locally. Thank you to all the staff and volunteers involved in keeping the community engaged during this time.

Bowlers get set to return safely

To allow the game to resume safely Sligo Lawn Bowls Club worked diligently with support from SSRP and the Bowling League of Ireland to complete their risk assessment and Return to Sport plan to cover their unique circumstances. 28 members have successfully returned to play since June where the key priority for everyone continues to be public health, by keeping small numbers on the green with social distancing and using minimum equipment, all managed by a small group of volunteers. The Club has also installed new CCTV cameras at the Lawn Bowls Facility at Cleveragh Park, with support from the LCDC's Community Enhancement Fund, SSRP and Sligo County Council Parks Department, which is a great addition to the club ensuring the facility is monitored and maintained safely.



Sligo East City Community Sports Hub

St. John's GAA Club back in action

36 young people from the East City area enjoyed an Indoor Gaelic Games programme at the Regional Sports Centre from January to March, supported by SSRP. With all club plans on hold from March to June, St. John's quickly adapted and have put all safe protocols in place to run a nursery programme at Cuilbeg, Carraroe throughout July and August, involving 49 children from East City. Well done to all the coaches and committee members involved in the safe Return to Sport.



Cranmore Co-operative Summer Camp

The Cranmore Co-operative Society Summer Camp activities ran for 2 weeks over August at Sean Fallon Pitch where youth enjoyed a range of fun games and activities following the Return to Sport protocols and guidelines, supported by SSRP. Collectively, the Cranmore Co-operative Society, the Abbeyquarter Community Centre and SSRP are currently planning Autumn adult fitness programmes, so keep an eye out for upcoming programmes.

Summer Supping

The weather was perfect for members from the ,Big Brother Big Sister Sligo, project who enjoyed Stand Up Paddle Boarding with Sligo Bay SUP during August, supported by SSRP.



Coming soon this Autumn...

- SSRP are delighted to support the Sligo City Boxing Club with their Return to Sport protocols, with the club hoping to be back fighting fit this autumn at the Abbeyquarter Community Centre.
- Plans are underway with the Abbeyquarter Community Centre and the Cranmore Cop-operative Society to run 'Get on Track to Fitness' at the newly refurbished track, for a fun social walk/jog/run programme, coming soon.
- In response to local Soccer enthusiasts, SSRP is planning to host a Safeguarding 1 Course for local volunteers towards the end of September, hoping to support a local soccer programme in the near future.

For more information on the Sligo East City Community Sports Hub, please contact Community Sports Development Officer, Diane Middleton Cox on 07191 61511 or email diane@sligosportandrecreation.ie.

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.

Some highlights this year...

Fun Fitness

Over 40 children between the ages of 5 and 12 participated in a fun fitness programme for 10 weeks in Bunninadden Community Centre. Speed, agility, balance, throwing coordination, multi-skills and dance were learned and enjoyed by the children. Our adults multi-fit is one of the most popular programmes in Bunninadden Community Centre. Multi-fit is a fun social adult's fitness class that offers a selection of different types of activities. Bunninadden Community Centre hosted 2 adults multi-fit programmes beginning in January. Both classes enjoyed a fun energetic class delivered weekly before the Covid-19 restrictions were put in place. Over 60 youth participated in a community Basketball programme involving 3 different age groups which was a highlight at the start of the years activities. The running group got off to a great start in January, training and preparing to finish off with a 5km event in Tubbercurry on St Patricks Day. All participants felt they increased their fitness and running distance, however due to the Covid-19 pandemic their activities were unfortunately halted. Currently the SSRP Hub Co-ordinator is supporting Bunninadden Community Centre with the development of their Covid-19 protocols in advance of their Return to Sport at the centre.

Ballinalack Community Park Outdoor Gym



Programmes planned for the outdoor gym at Ballinalack were postponed due to Covid-19 however a member of the local committee presented to SSRP the innovative idea to do a short video on how to safely use the gym equipment with the intention of sharing it widely on social media in the community. The proposed video is currently being finalised by the SSRP Hub Co-ordinator and will shortly be available for circulation. Hopefully this will motivate people to use the equipment with the correct exercise techniques practised in a safe manner.

South Sligo Community Park

South Sligo Community Park are busy finalising the upgrading of facilities at the community park which involves installing lights, enhancement work on the track and developing a long jump area. Once completed the facility will afford the opportunity for additional opportunities for outdoor physical activity and critically because of the lighting it will enable programmes to be facilitated after darkness as winter approaches. Targeted programmes linked to the facility are on hold at the moment due to Covid-19.



New Walking Trail at Knocknashee

It is great to see the recent launch of the new Knocknashee Walking Trail and great credit is due to the local community supported by Sligo County Council in getting this project completed. The trail will offer some opportunities for safe off-road walking.

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.

River Development

Late last year the Sligo Kayak River Development Committee was set up to look at and discuss kayaking on the Garavogue. The committee has 14 members representing all the Kayak clubs in Sligo, along with private and commercial Kayak and water sports based companies located in the area. In January, they met and prioritised hazards for Kayaking and water users and agreed to proceed with a project to improve safety around four hazards under the footbridge. Meetings took place with Sligo County Council and the Dept. of Fisheries on site regarding these hazards and potential options to reduce their risk. After a lot of research into booms and providers, a company recognised by the British Canoe Union and UK Environmental Agency have booms for Kayaking safety, with a final meeting taking place in July where the booms were approved by all parties involved in the project. The safety booms are currently being manufactured and will be installed later this year.



The four hazards that will be protected by booms under the footbridge on the Garavogue

Getting a taste of Kayaking on Temple House Lake

Sligo has some of the most amazing and beautiful lakes in the country, with some hidden gems just like Temple House Lake in South Sligo. This lake is on the doorstep of the towns of Ballymote and Tubbercurry and couldn't be in a better place to learn to Kayak on its flat calm water. Sligo Urban Outdoor Adventure Initiative saw 18 adults get a taste of Kayaking on Temple House Lake during August. For some of the participants it was the first time they ever wore a wetsuit or got into a kayak, but everyone really enjoyed the experience even though Storm Ellen brought along the rain. These tasters allowed people to get a feel for this very enjoyable recreational outdoor water sport.



Following the taster those who have a keen interest will be able to sign up to a further Kayak intro course that will work on developing kayaking skills, water safety skills and knowledge giving people a lifelong skill for recreational physical activity on the water.

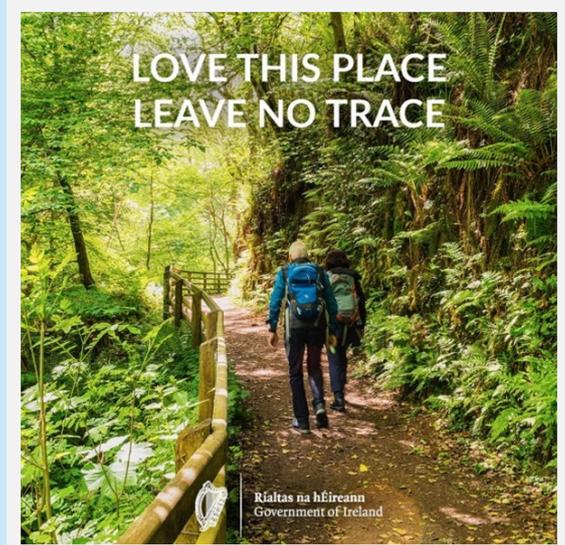
Outdoor Recreation

During Covid –19 there has been a significant increase in the use of outdoor amenities for sport and physical activity across County Sligo. This is to be welcomed and SSRP encourages people to stay active in the outdoors. SSRP supports the Government campaign ‘Love This Place, Leave No Trace’ and encourages everyone to adhere to the principle of ‘Leave No Trace’.

Love This Place, Leave No Trace

Sport Ireland supports the Government of Ireland campaign to tackle a growing littering issue, particularly in some of our most scenic locations and encourage everyone to follow the principles of Leave No Trace Ireland. Do not spoil our environment and wildlife by littering. Bring your rubbish home and leave parks, beaches and woods as you find them for generations to come, love this place, leave no trace.

“Everyone needs to take responsibility. Littering is a threat to their fragile ecosystems and a moment of laziness can have long-term effects...an aluminium can takes 400-500 years to break down, a plastic bag can take up to 20 years. A discarded plastic bottle, meanwhile, will last for a million years” says the CEO of Leave No Trace Ireland. Individuals, communities and organisations can sign up to get guidelines on how to be responsible by visiting www.leavenotraceireland.org



Don't forget the 7 Principles of 'Leave No Trace'...

The outdoors is our escape, somewhere to step away from the news cycle and gain some sense of normality. We need to pull together now and protect our nature, our wildlife, our local spaces so that we continue to have somewhere beautiful, natural and available for all people to enjoy.

- ◆ **Plan Ahead** Check weather, bring proper clothing and footwear, water and food. Park and walk responsibly.
- ◆ **Expect Closures** Before leaving home, consider lack of usual facilities such as toilets, shops, cafes, restaurants.
- ◆ **Stay Home or Local** Unwell? Don't go! Feeling well? Look for local trails, hidden gems, explore closer to home.
- ◆ **Be Considerate:** Maintain social distancing throughout the day – at least 2 metres apart. There is plenty of space in the outdoors for everyone.
- ◆ **Time and Place:** Find those hidden gems, avoid peak times, avoid difficult routes. Adhere to HSE guidelines.
- ◆ **Leave No Trace:** Don't rely on or add to already overburdened services. Bring your own rubbish home.
- ◆ **Be Dog Responsible:** Keep dogs under control. Look out for young wildlife. Pick up and bring home dog waste.

Outdoors for everyone

The outdoors is a valuable amenity for all members of society to enjoy. We are encouraged to adhere to the guidance so that the outdoors remains accessible to all for the duration of the restrictions.

Learn more at <https://www.sportireland.ie/covid19/outdoors>

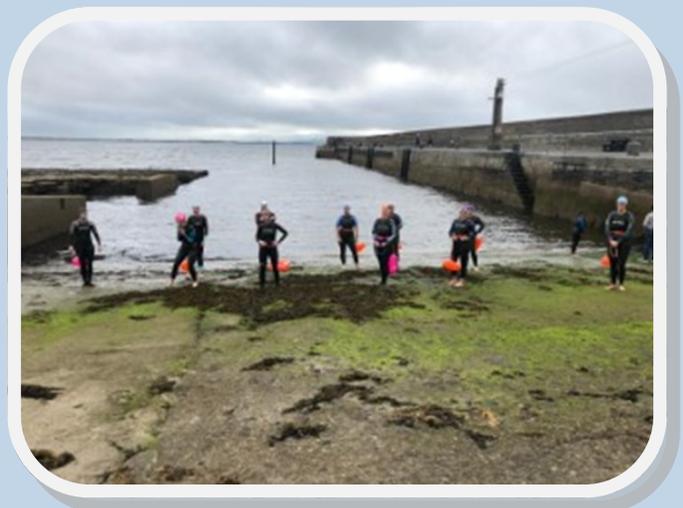
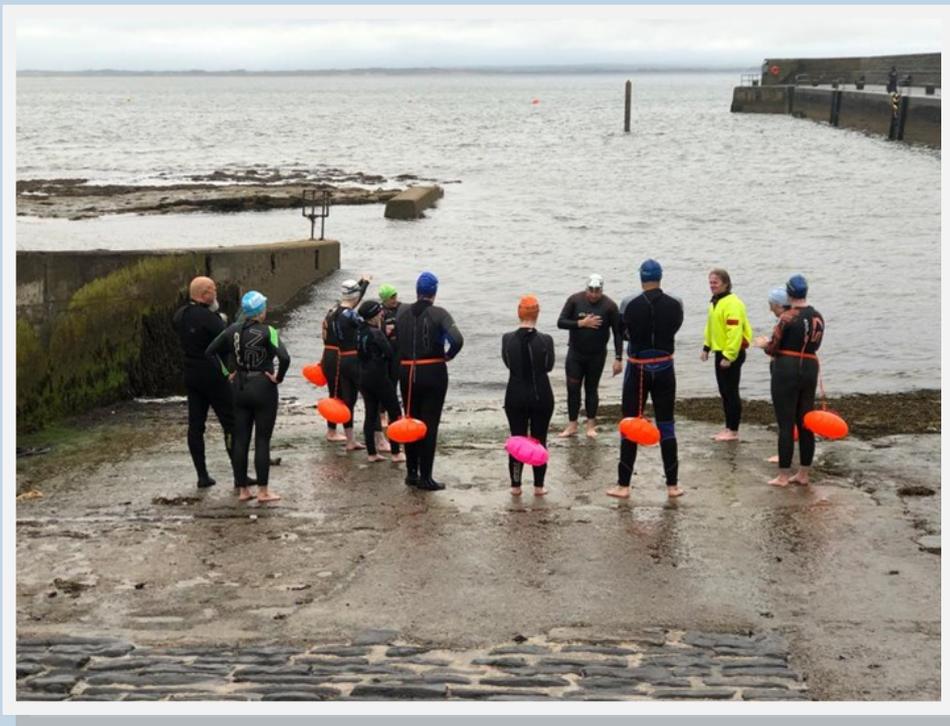


Outdoor Recreation

125 participants take the plunge with Open Water Swimming in West Sligo

Recognising that increasing numbers of people are interested in Open Water Swimming but unsure where to start, local community organisations, Enniscrone & District Community Council and Dromore West Village Community Enhancement Group reached out to SSRP hoping to facilitate programmes in West Sligo. SSRP appreciates that open water swimming can be a daunting experience for newcomers and even experienced pool swimmers and therefore it linked with Swim Ireland's Participation Officer and qualified coaching team dedicated to supporting beginners. With small groups of 12 and friendly experienced staff this is the perfect introduction to open water swimming based at the scenic beaches of West Sligo. Combining these sessions with a healthy dose of encouragement, patience and most importantly, fun, we hope this will be their first step in their journey to becoming a true open water swimmer.

A representative from Enniscrone & District Community Council stated *"People often turn to exercise at times of uncertainty to help deal with stress and promote positive mental health. Open water swimming in particular is an excellent stress reliever and people taking the course have really felt the benefit of their weekly dose of 'Vitamin Sea.' We are very grateful to SSRP for helping to organise the programme in Enniscrone. Programmes like this are hugely beneficial in teaching respect for the sea and confidence in the water."*

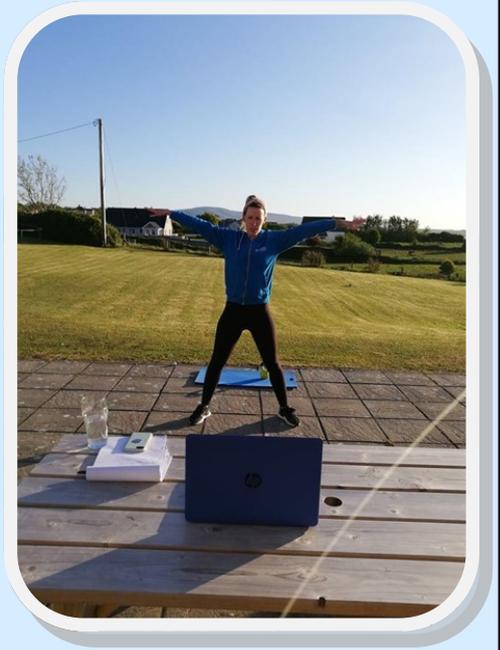


Community Sport

GymFun Virtual Take-Over

The successful GymFun programme at Soeey Hall led by Soeey National School Parent's Association adapted quickly during lockdown to switch to a weekly online, live and interactive recreational class. This 10 week Zoom programme was delivered in the hope of keeping children active from home, where they could continue the sport they love safely.

Speaking about the programme, a local parent's association volunteer noted *"I cannot comment highly enough about the gymnastics classes that SSRP facilitated over Zoom during lockdown. There was great excitement when the option of continuing with the classes over Zoom came up, bringing a sense of normality for the kids, still having their class every Wednesday. The classes were fun, manageable and the children still got to see their friends every week which was so important during those few weeks. Thank you to all involved in making this happen. As always the support from SSRP was fantastic and it was great to see everyone adapt in such strange times."*



Centres Getting their Communities Moving

There are many Community Centres throughout Sligo supported by SSRP making enormous efforts to foster physical activity development and awareness in their communities, and making it easier for people in rural areas to engage in an active lifestyle. One such centre was Aclare Community Council who commenced a new Women's Back to Fitness programme at Kilmactigue Community Centre encouraging and supporting 17 women to get active in a fun and social setting. Another site included Dromore West Community Council who piloted a new Box Fit programme, a mixed session of Boxercise and Circuits which quickly gathered interest locally and led to two filled sessions per week involving 40 participants. Getting off to a great start in January, Skreen Dromard Community Centre provided Circuit Training classes and a new beginner Walk to Run programme at the track getting 46 locals active and continued with Zoom classes throughout lockdown.

Speaking about the programmes, a representative from Skreen Dromard Community Centre noted *"SSRP have worked with our centre providing support and advice, creating programmes to encourage and support more activity and fitness in our community. Taking on the new virtual sessions during lockdown, the group continued to keep their fitness and activities on track. With new challenges to overcome in the near future, we are confident in and much appreciated of all the support provided by SSRP"*.



Community Sport

CADRA reaches out to the Cocooning Generation

From January to March, Carraroe and District Regeneration Association (CADRA) with support from SSRP were running a very successful chair based programme at Carraroe Community Centre, packing the hall with eager participants, and best of all, delivering a fun filled hour of exercise and a great social network for older adults. With so many participants gaining benefit from the programme, CADRA valued the importance of reaching out to them and providing a virtual weekly class during lockdown and up until now.

Participant's were very grateful for the online programme stating *"I really enjoyed the classes, easy to follow, simple and effective. I look forward to Wednesdays"*, another highlighting how they *"feel ready to take on mountains after these classes, thank you to the instructor and SSRP for providing this wonderful service to the cocooning generation"* and another mentioning how it was *"so good to see and catch up with others from our group"*.



The SSRP Coach gets ready for the Zoom class with the CADRA group



Camp Time at Castleconnor

20 youth enjoyed fun summer camp activities held at Castleconnor Community Centre led by West Sligo Family Resource Centre, supported by SSRP.



Active Schools

Youth Sport West

Since 1999 when it was established by Sligo VEC (now MSLETB) Youth Sport West has gone from strength to strength in providing school aged children the opportunity to participate in a range of sporting activities. 2020 started off a busy year with 62 programmes delivered in over 31 schools with 16 different sporting activities, 12 different coaches and 1,500 participant places. Some of these were unfortunately cut short due to the Covid-19 pandemic. Gymnastics, Multisport and Orienteering proved to be the most popular activities.

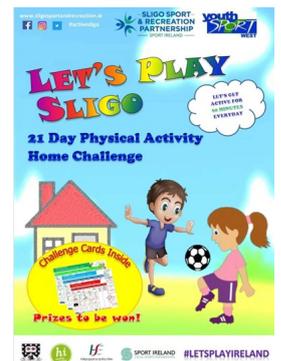


Badminton Schools Blitz

Badminton Ireland with support from Youth Sport West held a Badminton Blitz on the 10th of February. The blitz was a non-competitive event aimed at giving an introduction to a lifelong sport. All players took part in fun match play, giving them the opportunity to take part in skills and drills sessions between games.

Lets Play Sligo

At the beginning of lockdown SSRP developed a 'Let's Play Sligo 21 Day Physical Activity Home Challenge' for children to take part in over a three week period. This linked in with the national initiative 'Lets Play Ireland' and was supported locally by Sligo County Council, Healthy Ireland and the HSE. The aim of this challenge was to get children physically active for the recommended 60 minutes per day in a fun and engaging way. All of the games and activities were designed so children could play by themselves alone or for the whole family to join in. SSRP developed a booklet and physical activity cards with instructions and activities. Each child who participated went into a draw for a number of prizes kindly sponsored by local businesses.



National BeActive Day

Sport Irelands National BeActive day was held on the 28th of June. This was a concept developed by 29 Local Sports Partnerships and challenged all families to be active at home and participate in fun challenges. A printable list of games and activities were developed, all of which were adaptive for people of all abilities and skill levels. There was a competition and a prize for the most creative National BeActive day activity. Despite the heavy rainfall that day, Sligo had great engagement and we received some brilliant pictures on our social media channels. Here are some great entries...



Active Schools

Balance Bikes rolling out across the County



Following a successful pilot programme, the Balance Bike Training is now being rolled out across County Sligo to an additional 10 pre-schools this year and 10 more next year. SSRP in partnership with Sligo County Childcare Committee supported through the CYPSC Healthy Ireland fund are delivering on-site training to pre-school teachers through a qualified Cycling instructor as part of this programme. The training aims to give pre-school teachers the knowledge, skills and confidence they need to effectively deliver, fun and practical sessions with children in their school.

The Balance Bike programme is for children aged 2 to 5 years and is the fundamental starting point for children's Cycling and an excellent opportunity to enhance their physical literacy to promote active lifestyles at the earliest possible age.

Learning Skills for Life with After-school Cycling

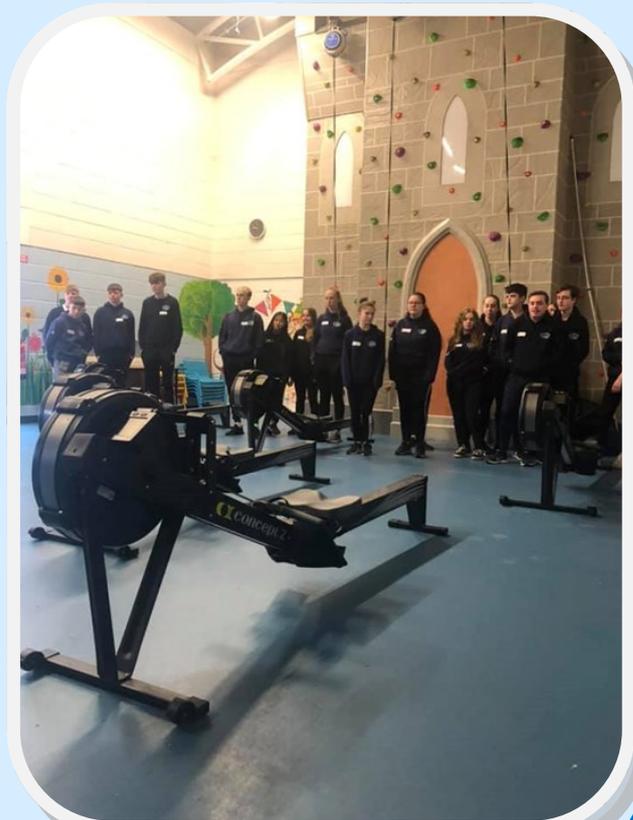
SSRP in partnership with Sligo County Childcare Committee supported through the CYPSC Healthy Ireland fund are piloting an after school cycling programme with 2 after schools in County Sligo. The programme was going very well and the children were enjoying learning new skills but it was sadly cut short due to Covid -19 and school closures. The programme is now ready to go from October again and will provide children with fun skills and drills to improve their balance, peddling, cornering and breaking.

Coláiste Iascaigh Try Rowing Programme for Transition Years

On 9th March last the TY Students from Coláiste Iascaigh completed a workshop on coaching skills for indoor rowing delivered by Rowing Ireland's Women in Sport Officer in Waterpoint, Enniscrone.

This programme gives students the opportunity to get on the first step of the coaching ladder and enables them to be involved in a youth leadership role to bring value to their TY programme and school. The programme allows students the opportunity to work in a fun and interactive environment with younger students. Unfortunately due to school closures for Covid-19 the TY students were unable to coach the first year students Rowing in their school. This was the first time many of the students had taken part in Rowing and many found they really enjoyed the experience.

All being well in the future the students can put their new knowledge of Rowing and coaching skills to use by coaching the younger students in their school.



Active Schools

Girls get to celebrate Girls Active Fest before restrictions introduced...

One of the last large group events before schools closed and restrictions were introduced took place on the 5th March last was the annual Girls Active Activity Festival, with over 200 teenage girls in attendance from across County Sligo. This event was a celebration of their participation in the extra-curricular 'Girls Active' programme in their schools throughout the school year. There was an energetic atmosphere in the IT Sligo Knocknarea Arena as the young women participated in a fun dance-based group warm up led by the IT Sligo 3rd year Health Science students. Following the warm up, the participants split into smaller groups to take part in taster sessions of a variety of activities, including; Pilates, Dance, Gym, Spinning, Boxing, Rugby, Indoor Rowing, HIIT Class, Archery, Kettlebells, Boccia and Skittles. This jam-packed day concluded with a yoga style relaxation cool down session again led by the Health Science students. The organisers would like to thank the Health Science Co-ordinator Eimear Donlon and her 3rd year students for volunteering at the festival. The SSRP Support Co-ordinator for the Girls Active Programme said "Girls Active has been very successful this year, there has been an increase in participants and the festival is a great way for everyone to come together and celebrate their programme achievements. It is important to recognise the effort the participants have put in all year." Hopefully in the future we can again celebrate together but for now let's try and follow the guidelines on social distancing.



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 Sùgradh 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).

Note: These programmes are currently under review due to Covid-19 restrictions.

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 2020. 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.

20 Young people enjoy 'Surf 4 All'

Sligo Sport and Recreation Partnerships annual Surf4All programme went ahead during the final week in July at the idyllic location of Streedagh Beach near Grange, Co. Sligo. The Surf programme for young people with a diagnosis of Autism Spectrum Disorder was delivered in a safe and welcoming 2:1 setting with two qualified instructors from SSRP facilitating one child in the water for each session. This format was adapted in order to deliver the Surfing programme safely and it worked extremely well with over 20 young people availing of a great week of sun, sea and surf. It also proved a very welcome respite for the parents of the children involved who like all parents had been trying to keep their children active and engaged throughout the difficult months of the lockdown. A number of parents commented that their children really thrived being in the water and noted their contentment when they are Surfing, helping them not only to be active and to develop their Surfing skills but to be safe and happy during a time that is a challenge for us all.



Indoor Archery Continues

Archery is inclusive and the Carrowmore Archers Club new indoor element to their inclusive Open Archery programme continued to run weekly at Summerhill College prior to the start of the pandemic. Primarily targeting adults and young people with limited mobility/physical disabilities, the Archery sessions are run by highly experienced and supportive instructors from the club. It is these instructors who are central to the success of the programme as they put the participants at ease from the moment they arrive and progress through the sessions. They make the club and the sport accessible and enable people of all ages and abilities to participate. If you would like to find out more about the inclusive indoor archery programme you can contact Robert Gawley from the Carrowmore Archers Club at gawley71@gmail.com



Sport for People with a Disability

North West Stormers go Outdoors

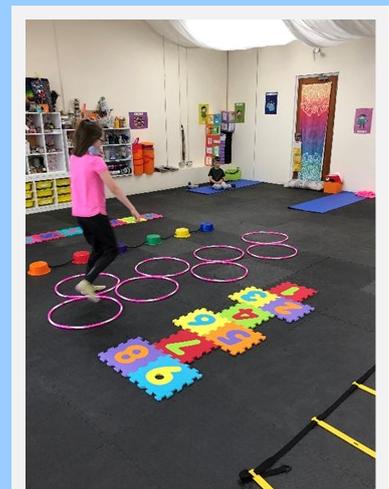
Local club North West Stormers teamed up with North West Adventure Tours to run two day outdoor pursuits camp that was designed to include children with mobility difficulties and their siblings and parents. Now highly experienced at catering for levels and abilities, the instructor from NW Adventure Tours put together an action packed couple of days which included Bush Craft, Cycling and Stand Up/Sit Up Paddling. The children really excelled at all the activities and the club which was developed for children with a physical disability is going from strength to strength due in no small part to the great work of the parents involved. More great activities are planned for the Autumn/Winter programme so if you are interested in finding out more for your child or getting involved just contact Shane Hayes at Sligo Sport and Recreation Partnership and he can put you in contact with the club contact person.



Contact Shane Hayes at shane@sligosportandrecreation.ie or 07191 61511

Yoga Movement For Kids

Big Tree Yoga located at their facility in Caltragh provides the setting for the recent Yoga Movement for Kids camp which took place over three days at the beginning of August. Aimed at children on the Autism spectrum aged 6 -12 years of age the programme is designed to cater for each child's individual needs and strengths. The small numbers enable the instructors to support the children on an almost 1:1 basis helping them to develop their strength, coordination and flexibility through a combination of activities whilst also developing their body awareness and self-esteem. The tailored programme helps to reduce anxiety levels and promotes a sense of calmness and happiness.



Active Seniors

Going For Life with Games Workshop

Regular physical activity can support us in living a happy and healthy life as we age. The Go for Life games programme in Sligo involves a collaboration between Sligo Sport and Recreation Partnership and Go for Life, the national programme for sport and physical activity for older people. Through the provision of fun, easy to follow, adapted indoor games, the Go for Life Games programme empowers older people to increase their physical activity levels in an enjoyable and sociable



environment. A Go for Life Games training workshop was facilitated by SSRP with eight local active age groups (MCR Active Age, West Sligo Young at Heart, Cranmore Women's Group, Calry Active Retired, Nazareth Care Village, Skreen Community Care and Cliffoney Young at Heart selecting two physical activity leaders (PALs) from their group to attend the workshop. These PALs were introduced to the three target games of Scidils, Malai and Flisks with the purpose of them teaching the games to the other members in their groups before participating in a Go For Life Games tournament between the eight centres involved. The experience for the older adults involved was a very positive one and each centre also received a Go for Life Games equipment bag from SSRP on loan to enable them to practice and hone their skills at each of the games.



Go For Life National Grant Scheme 2020



The 2020 Age & Opportunity Active National Grant Scheme is currently open for applications. The Scheme offers financial supports, provided by Sport Ireland, to local clubs, groups and organisations nationwide who promote increased participation in recreational sport or physical activity for older people. Over the last 19 years these grants have made a huge difference in local communities and groups throughout the country. Application forms are available on the Age and Opportunity website www.ageandopportunity.ie on the SSRP website www.sligosportandrecreation.ie or by contacting SSRP on 07191 61511.

All applications should be returned to Age and Opportunity by the closing date of 12 noon, Friday 2nd October 2020.

Ageing Well from Home Initiative

In order to maintain a connection with our older population during the pandemic, SSRP in association with Sligo County Council, the Irish Society of Chartered Physiotherapists, the HSE West, and Sligo Public Participation Network developed the Sligo Exercise at Home leaflet to encourage older people in Sligo to be physically active on a regular basis to assist them in maintaining good physical and mental well being. Encouraging people to move more at home was a fun way older people could be active every day and the leaflet was delivered to over 2,500 older adults during April and May 2020. In addition, SSRP linked with the HSE West Physiotherapy Services and Ocean FM, whereby older people could tune in to the Francie Boylan show twice weekly during the month of May to perform the exercise live. This proved extremely popular with older adults throughout the county, many of whom contacted Ocean FM to say they found the programme extremely positive and easy to follow. Plans for a follow up exercise programme targeting older adults during the winter months is currently being planned, so keep an eye on SSRP's website and social media channels for further details.

*Simple Exercises from
your HSE Physiotherapist
for you to do during
Covid-19 Cocooning
Phase.*



Women In Sport

575 Women engage in the Sligo Sport and Recreation Partnership

SuperValu Women's New Way 5K

As the annual Sligo Women's 5K Series couldn't be staged in its usual format, Sligo Sport and Recreation Partnership in association with SuperValu and with support from local Athletics Clubs; Sligo AC, North Sligo AC, Calry AC, Tireragh AC, Corran AC, South Sligo AC and Sligo County Athletics Board developed an alternative plan to get the women of Sligo walking, jogging and running.

The SSRP SuperValu Women's New Way 5K consisted of a six week virtual 5K training programme for women of all ages and abilities throughout County Sligo. Over 575 women registered to participate in one of the three tailored training programmes available. The 'Running Rookie' programme targeted beginners whose main goal was to complete the 5K distance at the end of a six week training block. This beginner walk/run programme also included a series of podcasts available for the Running Rookies to download, and they detailed the various training sessions which women who were new to walking/jogging and running could follow easily and safely. 'Breaking 30' was the intermediate training plan aimed at women whose goal was to try and run their timed 5K in under 30 minutes whilst the 'Speed Queen' advanced training option was for women who were targeting a sub 25 minute 5K at the end of the six week training period. Each training programme contained three sessions per week which were circulated to the women along with various training tips and advice.

SSRP continue to develop their partnership with main sponsors SuperValu and speaking on behalf of the SuperValu stores in Tubbercurry, Ballisodare, Ballymote and Grange, their representative stated *"SuperValu were delighted to support the initiative in the new format and it was fantastic to see so many women sign up to the training programme and the various events hosted by the Athletics Clubs. The initiative represents a great partnership between the SuperValu stores, Sligo Sport and Recreation Partnership and the Athletic Clubs and through working together the initiative has promoted and encouraged a healthy lifestyle for all involved"*.



Women In Sport

Women on Water

Sligo Yacht Club in conjunction with SSRP have facilitated women only sail training courses over the last few years. Due to Covid-19 restrictions, this year the course had a different format, but the club were delighted to be in a position to facilitate the programme for 12 women on the 1st and 2nd August.

Trainees received guidance and support from female instructors, and spent part of the weekend on their own in a small dingy called a Pico. They will also have an opportunity to sail in the club yacht "The Lady Caroline". The club are now hoping to continue some sail training this Autumn for these participants and for existing female club members who would like to try helming a Mirror.



Education and Training

Engaging All- Autism in Sport Workshop

Involving people with Autism in meaningful sport and physical activity opportunities can be tough, and so ideas and practical strategies for sports leaders, coaches, teachers, special needs assistants, parents and indeed anyone working with people with ASD, provide a welcome training opportunity. The first Autism in Sport workshop was delivered in Sligo in February with support from the CARA Centre in Tralee. The 3 hour workshop provided the 20 attendees with an understanding of Autism whilst focusing on the delivery of sport and physical activity. It helps participants to recognise key areas of difference as well as looking at practical strategies which can be used to help include people with Autism successfully in sports and activity sessions. The first workshop was extremely popular, filling up in a matter of days and plans are being put in place to deliver another workshop.



Next Generation of Boxing Coaches on the Rise

SSRP's new Boxing Volunteer Support Initiative (funded under SI DA) is supporting 4 local boxing clubs to develop their capacity and provide education and training opportunities for local volunteers and coaches. Volunteers from Ballymote Boxing Club, Sligo City Boxing Club, Gateway Boxing Club and Ballinacarrow Boxing Club completed a First Aid Course on the 8th February and a Safeguarding Course on 27th February. 4 volunteers also attended a Judging Course in Castlerea on 2nd February. All clubs were also represented at Sligo's Open Championships held at Loftus Hall, Ballymote on 23rd February, where the newly qualified judges put their new learning into practise. All clubs are currently working on their risk assessments and their safe Return to Sport plans.



Safeguarding 1 Child Protection Course



First Aid Course



Sligo Open Championships at Loftus Hall

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 2020 SSRP has supported coach education/club training initiatives across a range of sports including **Boxing, Gymnastics, Rowing, Basketball, Volleyball, Walking and Mountain Biking.**

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

Child Welfare and Protection in Sport; Safeguarding Training



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

There are three stages in the Child Welfare and Protection training as outlined below:

Safeguarding 1 - Basic Awareness Workshop in Child Welfare & Protection

The Code of Ethics and Good Practice for Children's Sport Basic Awareness workshop is the certified Sport Ireland child protection training course delivered by Sligo Sport and Recreation Partnership. The Code is built upon a number of core principles relating to the importance of childhood, the needs of the child, integrity & fair play, relationships and safety in children's sport. The course is for the benefit of everyone involved in sport for young people including coaches, sports leaders, parents/guardians etc. This course aims to effectively educate participants on the implementation of best practice in protecting the welfare of children involved in sport. SSRP regularly runs this workshop and it is strongly advised that all those working with children in club settings undertake this training.

Our Safeguarding programme was interrupted by the Covid-19 pandemic however we intend to resume training via Zoom in Autumn/Winter 2020 so please keep an eye on the SSRP website for upcoming dates. To date during 2020 SSRP delivered 6 Awareness workshops with 88 coaches and volunteers trained.

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.

Safeguarding 2 Training via Zoom is not currently available from Sport Ireland however SSRP hopes to resume training as soon as it is safe to do so.

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.

Safeguarding 3 Training via Zoom is not currently available from Sport Ireland however SSRP hopes to resume training as soon as it is safe to do so.

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

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

**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**

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'



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