

The Newsletter of Sligo Sport and Recreation Partnership

February
2021

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An Active Start to the New Year with SSRP's Feel Good 5K initiative

Sports Co-ordinator Deirdre Lavin joined Minister of State at the Department of Health with responsibility for Public Health, Well Being and the National Drugs Strategy Frank Feighan T.D who launched the SSRP Feel Good 5K podcast and training plan to support people to take exercise to improve their health and fitness in 2021. Over 400 adults signed up and many went on to do the RTE Operation Transformation Virtual 5k. *Read more on page 2.*



Enniscrone Community Sports Hub off to a great start!

An announcement in September 2020 of a successful funding application by SSRP to Sport Ireland for a Community Sports Hub in Enniscrone was greeted with great enthusiasm by the local partners, clubs and community organisations involved. The local Community with West Sligo Family Resource Centre as the lead partner has lost no time and in getting started. *See page 8 for more.*

Keep Well Campaign

The Government Keep Well campaign, initiated in response to the Covid-19 pandemic, is focussed on communicating to people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. Keeping Active is a central theme of the campaign and SSRP has facilitated a range of initiatives supported by Sport Ireland. Working with Sligo County Council and the Healthy Ireland programme, opportunities to get active have been established with Older Adults being a priority. Innovative programmes included 'Ageing Well from Home' and 'Stronger for Longer'. *Read more on page 20.*



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

The 'Feel Good' Plan towards your first 5k!

In launching the Feel Good 5k Minister Feighan stated "I want to commend Sligo Sport and Recreation Partnership, and Sligo County Council on this great new initiative. One of my priorities as Minister for Public Health is the implementation of the National Physical Activity Plan, by which we want to increase the number of people taking part in physical activity. So this podcast is a great example of the kind of local action we want to see happening across the country, and fits perfectly with the goals of the Government's Keep Well campaign, led by Healthy Ireland in collaboration with a range of partners, which is aimed at showing people of all ages how we can mind our physical and mental health and wellbeing, by adding healthy and helpful habits to our daily and weekly routines."



Sligo Sport and Recreation Partnership developed a 5k Podcast and Training Plan for the people of Sligo to walk, jog and run their way to 5k and feel great. The Feel Good 5K initiative comprised of a FREE 6 week training programme for people of all ages and abilities throughout County Sligo. There were 3 tailored training programmes which participants could select from. Each training programme contained three weekly sessions to be completed in under an hour. People were able to sign up through Eventbrite to receive their free training plans with registration taking place from 1st January to 28th February 2021.

Training Plans /Podcasts available included...

- 'Feel Good 5k – First 5k' – Walk / Jog Training plan with Podcasts to get you to complete a 5k in 6 weeks
- 'Feel Good Breaking 30' – Jog / Run Training Plan to get you a sub 30 min 5k in 6 weeks
- 'Feel Good in Under 25' – Running Training Plan to get you sub 25 min 5k in 6 weeks

In total over 400 participants signed to the plan and received support emails and podcasts, with the goal of taking part in RTE's Operation Transformation virtual 5k between the 18th and 20th February last.

Operation Transformation 2021 Goes Virtual

The Operation Transformation 5K in association with Athletics Ireland and Sport Ireland was back for 2021 but this time it went virtual. On Thursday, Friday and Saturday, the 18th 19th and 20th of February last people all around the country took part in the first ever **VIRTUAL OT 5K**. Participants were asked to register on the event platform and join the thousands of other walkers and runners in taking part in this novel event from any location. Completed times could then be submitted online. OT also encouraged participants to send their video clips before, during or after completing their 5K. .



 **Operation TRANSFORMATION** 

Virtual 5K

18th, 19th, 20th February

 **SPORT IRELAND**   **Athletics Ireland**

Send any footage of you completing your 5K before, during, or after to otvirtual5k@gmail.com

Some Recent SSRP News

I – PARC Conference 2021

I-PARC 2021 “Collaborative Action for Physical Activity Promotion: Opportunities presented by COVID-19” was hosted online by members of I-PARC and the Physical Activity for Health Research Cluster at the University of Limerick. The event ran from Monday 11th to Thursday 14th January 2021 with daily keynote speakers and breakout sessions featuring expert speakers and a series of good practices for promoting physical activity. Daily webinars were available to those who registered as an I-PARC member between 12:00 – 14:00 daily. This conference provided an opportunity to connect and share the best evidence and practice to support the promotion of physical activity in all populations. SSRP Sports Development Officer, Diane Middleton Cox presented on ‘Good Practices for Promoting Physical Activity in Disadvantaged Communities’. I-PARC members can access the recorded content of the conference at www.i-parc.ie. It is currently free to become a member of I-PARC and you can register online.



Compliance with Sport Ireland CVC code LOGO

All LSPs, NGBs and other bodies in receipt of Government funding through Sport Ireland are required to adopt the Governance Code for Sport by the deadline of 31st December 2021. Meeting the requirement involves a firm commitment from the Boards of funded bodies to adopt the Code in spirit, in practice and to grow towards better governance practices which will make organisations more effective. The Board of Sligo Sport and Recreation Partnership supported by the Sports Co-ordinator and staff is currently prioritising achievement of the Code as part of the 2021 programme of work.



SSRP hosts Sports Capital and Equipment Programme Funding Workshop

SSRP hosted a Funding Workshop on Tuesday 9th February last to assist Sports Clubs/Community Groups in Sligo in making applications under the Departments Sports Capital and Equipment Programme 2021. The Scheme which has been open for applications since Nov 2020 closes on Mon 1st March 2021. The SCEP is the Government's primary vehicle for providing support to sports clubs and communities to develop sports infrastructure around the country.

The funding workshop was delivered online via a webinar by the '2into3' group who have a strong track record in Sports Capital applications. 58 attendees registered for the workshop which brought participants through the application process, best practice and provided clubs/groups with a detailed understanding of the Sports Capital process. The workshop was very informative and beneficial and feedback from attendees was very positive. **For all information on the SCEP 2021 Scheme see www.sportscapitalprogramme.ie**



Club Development

Medb's Dragon Warriors are making an impact!

SSRP is delighted to support a new club development project, Medb's Dragon Warriors Club, initially aimed at forming a breast cancer survivor's crew to hit the waters this summer. In a short period of time, the club have formed a committee ready for the challenge to support the development of the club, and have 24 registered members. To support their efforts, SSRP is supporting the club members with a weekly zoom fitness programme to build their fitness and strength, as well as having fun, so they are ready for their Dragon Boating experience later this year.

Founder and Chairperson Clodagh Flynn stated *"We are a new sports club in Sligo established in November 2020. We are Sligo's first Dragon Boat club, with a membership base of cancer survivors and their supporters, living beyond cancer through team sport. We have been fortunate to link in with Sligo Sport and Recreation Partnership who are kick starting us for 2021 with a zoom Introduction to Fitness Program."*



52 Clubs receive funding under the Covid-19 Club Small Grant Scheme



Following the announcement last Summer of €70 million of funding by the Government to support the sports sector in response to the Covid-19 crisis, a Covid-19 Club Small Grant Scheme was rolled out nationally as part of a series of Covid-19 related funding schemes from Sport Ireland. Locally the initiative was delivered through SSRP with the grant scheme opened for applications last August. Clubs had the opportunity to apply for up to €1,500 for Covid-19 related expenditure associated with the reopening of their clubs and to implement Covid-19 related hygiene and social distancing protocols. 52 clubs and groups in Sligo were successful in securing €68,776 under the Scheme. This measure is one of many introduced by Sport Ireland to support the sector in address the ongoing pressures facing clubs during the pandemic.

Operation Transformation Minimum Fitness Tests

Operation Transformation, in collaboration with DCU School of Health and Human Performance, have developed the Minimum Fitness Tests that will demonstrate the minimum fitness standard for your age group. These tests are designed to show you where you sit within the minimum standards of physical fitness and give you a target to aim for within your age bracket and gender. The five tests include; Waistline Measurement Test, Press Up Test, Balance Test, Sit to Stand Test and Endurance Test. Resources are available on <https://ot.rte.ie/fitness-test/>



Rowing Success for Sligo

On the 27th September last, the SSRP Co-ordinator attended the launch of new boats and the unveiling of plans for a boathouse by Sligo Rowing Club. The occasion coincided with and included the showing of live action by club rower Brian Colsh who was rowing for Ireland at the European Championships in Serbia as part of a quad at which they achieved second place, a remarkable achievement for 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.

Sligo Sport and Recreation Partnership continue to work with the Cranmore Regeneration Project, and support local community groups and clubs to deliver a range of community sports programmes in the East City area.

New Community Soccer Initiative

Local Soccer enthusiasts are hoping to pilot a new Cranmore Soccer Blitz in 2021, with the support of the Cranmore Co-operative Society and Sligo Sport and Recreation Partnership. While playing Soccer is on hold, local volunteers are busy getting ready to deliver a quality programme once restrictions allow. To support their efforts, SSRP facilitated a Safeguarding course online for 11 local volunteers and supported 6 volunteers to complete their FAI Coaching Course online in November 2020.

Cranmore Gets Active

Get Active from Home with our new online fitness programme delivered over zoom with our partner, Cranmore Community Co-operative Society. Contact Mark on 087-1169500 to register and join us for a 6 week interactive fun fitness programme.



FITNESS CLASSES

Sligo East City Community Sports Hub

6 WEEK PROGRAMME

**BEGINNING 10TH FEBRUARY
WEDNESDAYS @1PM
€5 FOR THE PROGRAMME**

**DELIVERED VIA ZOOM
NO EQUIPMENT REQUIRED**

**LIMITED PLACES!!
CONTACT MARK ON 0871169500 FOR
REGISTRATION DETAILS & MORE INFO**

PRIORITY WILL BE GIVEN TO EAST CITY RESIDENTS

SPORT IRELAND LOCAL SPORTS PARTNERSHIPS
SLIGO SPORT & RECREATION PARTNERSHIP

CRANMORE COMMUNITY CO-OPERATIVE SOCIETY

CRANMORE REGENERATION



Encouraging locals to join the Feel Good 5k

Our partners in the Cranmore Co-operative Society have joined our Feel Good 5k programme and are encouraging others from the East City area to join in too.

Follow Mark's steps, get your headphones ready, and sign up to receive your free training plans and weekly support emails at...

<https://feelgood5ksligo.eventbrite.ie>

For more information on the Sligo East City Community Sports Hub, please contact Sports Development Officer, Siubhean Crowne on 083-0298079 or email: siubhean@sligosportandrecreation.ie.

Volunteer Support Programme

SSRP's Volunteer Support Initiative aims to provide quality and affordable workshops and education opportunities for volunteers from Sligo's four Boxing Clubs.

SSRP and Sligo County Boxing Board have linked successfully with the Connacht Boxing Council IABA to deliver online workshops to support volunteers in their development as community leaders and coaches from Sligo City Boxing Club, Sligo Gateway Boxing Club, Ballymote Boxing Club and Ballinacarrow Boxing Club.

Knock Out Week of Boxing Seminars

Sligo Sport and Recreation Partnership were delighted to support the Connacht Boxing Council IABA to host 'Fighting Back, a Knock Out Week of Boxing Seminars', which ran from the 7th to 11th December 2020.

With all Boxing programmes currently suspended, Sligo County Boxing Board, Connacht Boxing Council IABA and SSRP worked together to plan a number of Boxing seminars to help keep local coaches, volunteers and members motivated during these difficult times with 160 participants getting involved across the week.

The week kicked off with special guest Kenneth Egan, who delivered a very open and honest talk on Mental Health and Resilience, followed by Tony Og Regan on the Tuesday who presented on Sports Psychology, next up on Wednesday the IABA High Performance Unit shared many training tips for coaches and boxers to use during Covid-19, followed by Sean Boyle on Thursday who presented on Strength and Conditioning, and finishing up on the Friday with a workshop on Handwrapping delivered by Joseph Clifford.

All presenters were very inspiring and informative, ensuring our local clubs are prepared and ready for a return in 2021.

FIGHTING BACK WITH OUR KNOCKOUT WEEK OF BOXING SEMINARS

7th-13th December 2020

07/12

LAUNCH NIGHT with Special Guest Kenneth Egan presenting on Mental Health & Resilience



08/12

SPORTS PSYCHOLOGY with Tony Og'Regan



09/12

TRAINING DURING COVID with the IABA High Performance Unit



10/12

STRENGTH & CONDITIONING with Sean Boyle



11/12

HANDWRAPPING with Joseph Clifford



Volunteer Support Initiative



Community Start Box at Home

Sligo Sport and Recreation Partnership, Sligo County Boxing Board and the IABA are currently working on rolling out a new pilot Community Start Box at Home initiative, delivering an online Introduction to Boxing programme for youths to follow at home.

Make sure to keep an eye out on the SSRP Facebook page for more information coming soon.

Sligo Clubs Going Online

The Sligo County Boxing Board supported by Sligo Sport and Recreation Partnership are currently preparing to commence a new interactive zoom programme for all their members, delivered by local coaches, to help keep youths active safely from home.

For more information on the Boxing Volunteer Support Initiative, please contact Community Sports Development Officer, Diane Middleton Cox at diane@sligosportandrecreation.ie.

Bunninadden Community Sports Hub

Bunninadden Community Sports Hub Initiative

The Bunninadden Community Sports Hubs 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 through a number of sporting activities, engaging with community groups and sports 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 final year with a number projects taking place including sport and recreational programming, developing club community links, building strong organisational structures, providing education and training opportunities. The project is funded by Sport Ireland and Dormant Accounts.

Below are some of the high lights from the last few months. We have focused on engaging community sport through Zoom programmes.

Living Room Fitness

In December, Bunninadden Community Centre piloted a 4 week high intensity home fitness programme from your living room delivered through Zoom. Feedback from the first programme was very positive and a great success and a second programme began again right after Christmas.

Currently the New Year initiative is ongoing programme with 9 participants engaging and enjoying workouts from their home every Monday night.

Feedback from the programme has been very positive with one participant saying *“a tough but enjoyable programme and great to connect virtually with others and enjoy a class”*.

Another 6-week programme is planned such was the demand and interest.



A number of children's programmes were rolled out in the area...

Pilates for Children

A Pilates programme for children aged between 6 and 12 was run with our partners in Ballymote Family Resource Centre. This was a floor-based programme with feedback being very positive and one parent saying...

“My daughter loved it and grew in confidence; the instructor was friendly and lovely and we would do it again”.

20 Children take up Dance

Dance for children began in February and got off to a great start, with our main partners in Bunninadden Community Centre. There is currently 2 programmes of children's dance class taking place with 20 participants.



Enniscrone Community Sports Hub

The Enniscrone Community Sports Hub is a collection of progressive sports clubs and other local organisations collaborating and coming together to improve sporting opportunities offered in their local community and make it easier for people to engage in a more active lifestyle.

We are very excited to kick start our new Community Sports Hub Site, Enniscrone since January 2021.

Workout Wednesdays

Activities got off to a great start with West Sligo Family Resource Centre, our lead partner in the project, who are now running a number of online physical activity programmes every Wednesday, including Men's Indoor Rowing with the Enniscrone Men's Shed, Ladies Pilates and Youth Dance classes, involving over 44 participants.



Open Water Programmes Plans in Place

With the growing interest in Open Water Swimming programmes, SSRP in partnership with Swim Ireland and Enniscrone Community Council are delighted to support plans to deliver a range of programmes, once restrictions allow, including a new Daily Dippers programme, Introduction and Intermediate Open Water Programmes, and for the first time Youth Swimming Summer Camps.

More details to follow.



Funding secured for six Buoys

Collectively, Enniscrone Community Council and Sligo Sport and Recreation Partnership have successfully secured funding for 6 buoys, and with support of Sligo County Council, it is hoped to have these installed for Summer 2021, in time to support all the Open Water programmes.

For more information about the Enniscrone Community Sports Hub Initiative, or if any local Sports Club or Community Organisation would like to get involved, please contact Community Sports Development Officer, Diane Middleton Cox on 085-2093043 or email diane@sligosportandrecreation.ie.

Urban Outdoor Adventure

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 Sailing. Below is a summary of just some of the initiatives over the last few months.

To find out more about any of the initiatives email theresa@sligosportandrecreation.ie.

Strong Partnerships create Opportunity in Kayaking

Sligo Grammar School Kayak Club hosted Sligo Community Training Centre students on an Introduction to Kayak Course for the third year. This has become a very successful partnership where the club shares its resources to give opportunities to the wider community to experience kayaking. The course ran over 3 weeks where Sligo CTC students attended the Sligo Grammar School Kayak Club facility and received coaching on the Garavogue River building their skills and confidence on the water. Sligo Kayak Club hosted another successful WOW (Women on Water) Kayaking programme during the summer months when restrictions were lifted. This programme is a partnership between SSRP, Sligo Kayak Club, Canoeing Ireland Bridge the Gap and Cranmore Co-op. It is creating opportunities for women living locally to the Sligo Kayak Club on the banks of Lough Gill in Doorly Park to experience kayaking in a supportive friendly environment. The unique element of this women's only course is it is fully organised, delivered and coached by women.



Mercy College take the first step to establishing School Kayak Club

There are two very successful school clubs already established in Sligo; Sligo Grammar School Kayak Club and Summerhill College Kayak Club. It was through working with these clubs, it was noted that very few females have the opportunity to take part, as Summerhill College is an all-boys school. Mercy College stepped up and very were interested in giving greater opportunities to teenage girls to get involved in Kayaking especially given their location within walking distance of the Garvogue River.

The first steps involved Taster Days of Kayaking held for their TY students in November and December 2020. From this, a number of girls interested in helping to develop the club came forward to set up a committee. The girls will work with Canoeing Ireland Women's Paddling Ambassador Sara Mason and SSRP who will guide them on how to establish their school club. The school and girls are very excited about the work ahead and they have lots of support from the Kayak community in Sligo.



Urban Outdoor Adventure

Fair Winds Sailing Programme



Wild West Sailing believe in sailing as a fun developmental tool for young people. Active teaching is effective teaching and this approach is at the heart of its success. Key themes for them include communication, co-operation and team skills, self confidence in both oneself and the abilities of crew mates, and taking responsibility for the safety and well being of oneself and crew mates.

Wild West Sailing has an outstanding record of safety and vast experience of working with students of all abilities and needs. Mercy College Sligo took up the programme with 15 students getting involved. The setting out on the lake was so peaceful and this benefitted all the students especially those with special needs and from disadvantaged areas.



Rowing Gets Going in Schools with 338 Students Taking Part

'Get Going Get Rowing' is a school initiative developed by Rowing Ireland. It aims to introduce students to a new sport of Indoor Rowing and give them a pathway for life to continued participation. The classes are structured but fun and include Rowing whilst learning the Olympic values of respect, dignity and fair-play. Once restrictions allowed, the Indoor Rowing programme took place in 3 Schools, Summerhill College, Mercy College and Ballinode College with 338 students taking part in the 6 week programme. They were all aiming to take part in the Schools Virtual Blitz. The sport affords students who don't enjoy team sports the opportunity to participate in a non-contact individual sport within a supportive team environment.



Outdoor Recreation

Enjoying Exercise in the Sligo Outdoors

During the ongoing Covid-19 pandemic SSRP has been encouraging and supporting people to exercise in the outdoors. Key messages promoted include staying local, staying apart and staying safe with physical activity outdoors and within government guidelines.

Walking, Cycling and Water sports are among the initiatives supported. Check out the wide ranging activities promoted across the following pages.



New Walking Group established in Curry /Moylough

The Curry/Moylough Community Health & Wellbeing group meet with Sligo Sport and Recreation Partnership in October last to explore the establishing of a walking group and a plan was put in place. Once restrictions lifted in December the trainee walking leaders started their practical training with walking leader John Barrett. The 12 participants have completed 4 weeks of their training and this will recommence once restrictions allow.

Well done to all the leaders in putting in the time to acquire the skills to establish and lead a walking group in their local community.



Keep Well 21 Day Walking Challenge

Sport Ireland, Get Ireland Walking and Healthy Ireland are encouraging people of all ages to walk more often by taking part in the Keep Well Walking Challenge. Walking is the most accessible form of physical activity with no special equipment or locations required. Sport Ireland, Get Ireland Walking and Healthy Ireland are looking to get as many people as possible out and active for at least 30 minutes a day.

To support this, Get Ireland Walking has produced a new app that will allow users to keep a record of their walking and help all participants to stay motivated over the three weeks of the challenge. The handy app will provide useful tips and advice on how to build walking into every day routines.

It can be downloaded at <https://www.getirelandwalking.ie/app/>



Outdoor Recreation

Bike Week 2020 Showcases Fantastic Cycling Opportunities in Sligo with over 380 Cyclists Getting on their Bikes

Bike Week usually takes place every year over a week in June but as with many events in 2020 it was cancelled due to Covid-19. In August, it was announced the week would be rescheduled to take place in September 2020 with strict Covid-19 protocols and all public health guidelines followed. Bike Week, a national celebration and promotion of all that is great about bikes and cycling, was held over an extended week from the 19th to 27th September, with bike-themed events organised by local authorities, community groups and cycling groups throughout Ireland. Locally the week was co-ordinated by Sligo County Council and Sligo Sport and Recreation Partnership with support from many local cycling clubs and community organisations. The rescheduled time of year in autumn with its shorter evenings and Covid-19 restrictions, required a rethink of previous year's events, but an exciting schedule was planned for Sligo, from the Dawn Bike to Breakfast to Sunset Cycles. There was something for all ages and abilities.



During Bike Week there was an opportunity to promote two fantastic new cycling prospects in Sligo. The first being the newly opened Coillte Coolaney National Mountain Bike Park. There was a lot of activity happening there with Introduction to Mountain Biking sessions for women, men, kids and teens and a full day Introduction to Mountain Biking hosted by Northwest Mountain Bike Club. These days were extremely popular and were fully booked out. Coolaney MTB Park is a network of purpose-built single-track trails and forest roads that are designed for use by mountain bikes on Waymarked circular routes between 3km and 22km in length. This is the first phase of an extensive trail system being built in the Ox Mountains near Coolaney and is very exciting for Sligo.

Find out more information about the trails at <https://www.coillte.ie/site/coolaney-mtb/>



Outdoor Recreation

The second new cycling prospect for the county is the **EuroVelo Route 1 –Atlantic Coast Route**. Sligo County Council has recently developed a signposted on -road cycling route throughout the county as part of EuroVelo Route 1 –Atlantic Coast Route, so keep an eye out for the white signs with blue bikes. This was achieved as part of an EU Atlantic Area Project called AtlanticOnBike. The AtlanticOnBike project aims at achieving positive economic outcomes thanks to a transnational cycle tourism strategy based on the natural and cultural assets of the EuroVelo1, one of sixteen long distance European cycle routes. This project expects to contribute to a low carbon tourism development. Its rationale is to stimulate, to structure, to promote and to take part in the development of a cycle touristic offer along EuroVelo 1. AtlanticOnBike should generate positive impacts on the local economy by increasing visits, boosting local economy and creating new activities and new jobs in the tourism sector. It will provide a new touristic offer accessible for a large range of the population but also an attractive leisure destination for locals. Get out there and enjoy!

Find out more at <https://atlanticonbike.ie/en/>



One of the highlight events from previous years '**Bike Orienteering**' was back for 2020. This popular family friendly fun event which was held in Cleveragh Park closed the weeklong celebration of cycling this year. The safety of the bike trails at Cleveragh allows all levels of cyclists to take part; with a wide range of bikes on display from balance bikes, trikes, hand cycles and even top class mountain bikes. This event really highlighted how inclusive cycling can be as children and adults of all abilities and ages took part throughout the day. The orienteering course included staggered starts to prevent overlap of groups and was set up by Northwest Adventure Tours and proved to be very popular with all the participants. Even the local Garda Cycling unit, who called over to support the event got involved; some participants even got competitive on how fast they could complete the long orienteering course, with a record of 16 minutes on the day.

Community Sport

'Men on the Move' Coming Soon!

We are delighted to join forces with the Sligo GAA Health and Well-Being Committee to roll out a new Men on the Move initiative across various locations in Sligo. The main aim of our new Men on the Move programme is to increase the level of physical activity amongst men over 35 years of age in County Sligo.

The emphasis of the programme is on creating awareness and understanding of the importance of physical activity and the health benefits for not only physical health, but for mental health and well-being as well. It will be a 6 week programme targeting men who want to get back to physical activity in a fun and social group environment. The programme focuses on getting fit through strength, aerobic, flexibility and mobility exercises at your own pace, led by an instructor over zoom.

Keep an eye on our Facebook page and website for more information coming soon.

www.sligosportandrecreation.ie.



The poster for 'Men on the Move' features a central green diamond with the text 'MEN WANTED' in white. Above it is the 'Men on the Move' logo with the tagline 'The best MOVE you'll ever make'. Below the diamond, it asks 'Want to start exercising?' and 'Want to feel fitter and have more energy?'. The bottom section is green and contains the text 'COMING SOON' and 'SLIGO SPORT & RECREATION PARTNERSHIP - SPORT IRELAND'. Logos for 'HEALTHY BODIES, HEALTHY MINDS, HEALTHY CLUBS', 'GAA WE ARE COMMUNITY', 'SPORT IRELAND LOCAL SPORTS PARTNERSHIPS', and 'Feidhmeannacht na Seirbhíse Sláinte Health Service Executive' are also present. The background shows photos of men participating in activities.

Encouraging Families to Get Active

Sligo Library and Sligo Sport and Recreation Partnership have joined forces to bring a new Parent and Child Zoom Fun Fitness Programme, encouraging families to keep active safely from home, and more importantly have some fun!

The programme starts on 24th February and will be delivered via Zoom. For more info on the initiative email mibrennan@sligococo.ie.



The poster for 'Zoom Fun Fitness for Parent & Child' features a large green circle with the text 'STARTING WEDNESDAY, 24TH OF FEBRUARY AT 3PM ON ZOOM'. Below the circle, it says 'ZOOM FUN FITNESS FOR PARENT & CHILD' in large, bold letters. It includes the email mibrennan@sligococo.ie to reserve a place, noting 'Limited Space'. It also states 'FREE ONLINE CLASS TO SUIT ALL AGES!'. Logos for 'SPORT IRELAND LOCAL SPORTS PARTNERSHIPS' and 'SLIGO COUNTY LIBRARIES' are at the top, and 'SLIGO SPORT & RECREATION PARTNERSHIP' and 'Sligo County Council Comhairle Chontae Shligigh' are at the bottom. The background shows photos of children.

Active Schools

Youth Sport West

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 wide and varied range of sporting activities.



The latter half of 2020 resulted in a cautious approach from schools accepting Youth Sport West programmes. 2 schools piloted outdoor programmes with strict Return to Sport protocols. The focus of these programmes was outdoor Multi-sports and Basketball. Teachers commented, *“the children really enjoyed some normality and the activities were a welcome break from the classroom”*

25 programmes were due to begin in 2020 with a complete focus on outdoor activities. The popular Gymnastics programme was adapted to a Functional Movement Skills programme that could take place outside focusing on balance, co-ordination and flexibility.

With the reintroduction of Level 5 restrictions these programmes did not begin, but have been rescheduled and we all look forward to running out these programmes safely when schools return in Spring/Summer.



Due to the popularity of the Fundamental Motor Skills programme and in order to maintain the relationship with the schools SSRP piloted a video in January with one of its experienced coaches.

The video was sent to 72 schools in Sligo. The response was very welcome and positive with many schools requesting more videos to upload on their home-school apps as an activity option.

Some superb feedback from the schools with one teacher commenting, *“We are so thankful for the practical input connecting youth sport”* and another school expressing appreciation *“I really appreciate the efforts you are making to connect with children, teachers and families. Fair play to all involved in Youth Sports West”*.



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.



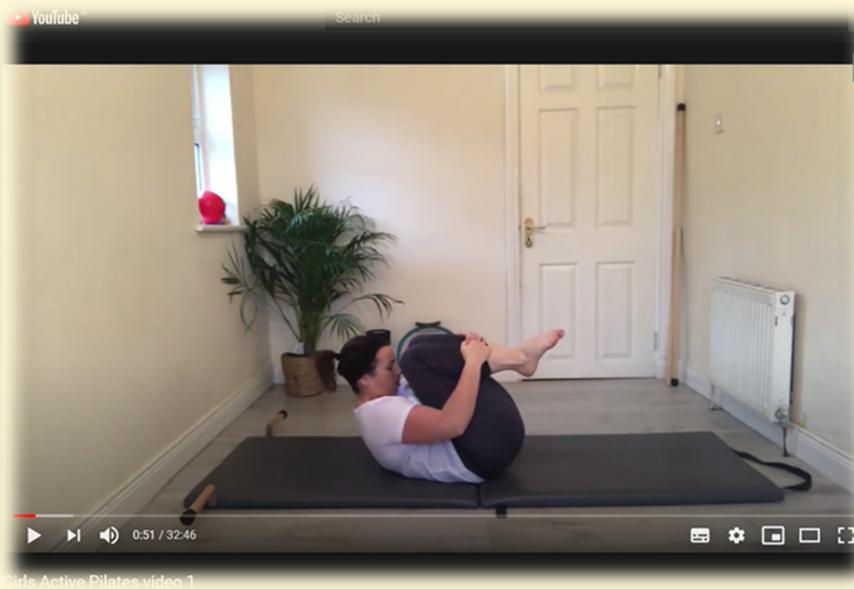
Ag Súgradh le Chéile – Available to Primary Schools in County Sligo. The Programme offers primary schools a free play workshop for parents/carers and their children (infants- 2nd class).

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

Active Schools

Teenage Girls Stay Active during Covid-19

During Covid-19 the Girls Active Support Co-ordinator supported Secondary Schools involved in the Girls Active Programme to provide opportunities for teenage girls to stay physically active through a range of different methods, outdoors activities, zoom classes, pre-recorded exercise videos etc. depending on each schools circumstances. The programme aims to create supportive environments in schools for girls who normally step back from participating in the traditional team based sports, and places a greater emphasis on the social and health benefits of being physically active, while offering opportunities to try out different ways to get active for example, Yoga, Pilates and other fitness based classes. Over 230 girls in 12 Secondary Schools in Sligo got involved in the programme. Each school provides a nominated teacher to organise the delivery of the programme in the school and promotes the activities with the girls. Well done to all the teachers for continuing to provide these opportunities to their students during this challenging time.



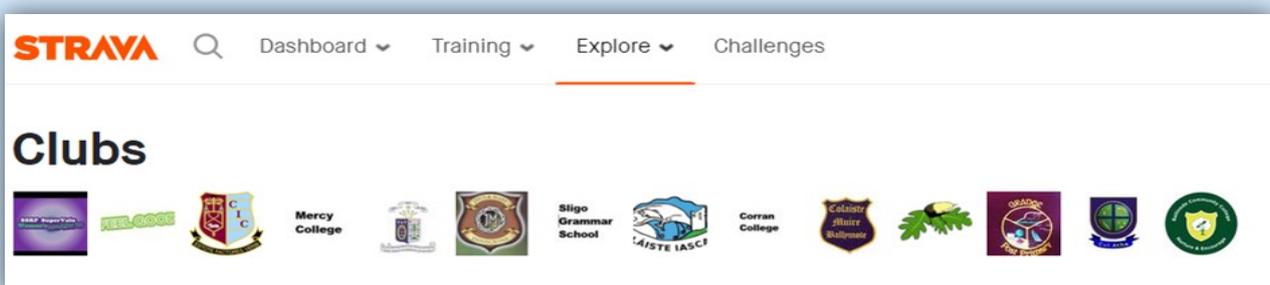
Secondary Schools compete to move more!

In the New Year with schools closed and sport cancelled, the Secondary Schools of Sligo took on the challenge of keeping their students, teachers and staff moving while at home within their 5k. Working with SSRP the Feel Good 5k School Strava Challenge was developed as a new way for schools to engage in physical activity while having some fun with a little bit of school rivalry! Between January 18th and February 28th the Feel Good 5k Schools Strava Challenge aims to get students and teachers moving and clocking up the Kms (Kilometres – distance moved). Each school participating has a School Club on Strava; the PE department in the schools are monitoring the clubs and recruiting members to get involved. Activities that count towards Kms are Walking, Running, Jogging, Hand Cycling and Wheelchair. Participants sign up to Strava and can then join their school club to participate.

Schools are always looking for new members and you can find details on how to do join at;

<https://www.sligosportandrecreation.ie/2021/school-strava-challenge/>.

A weekly leader board published shows where each School Club is sitting in the programme !



Active Schools

'Staying Local' - Super Valu Primary Schools Athletics Fest 2020

The annual Super Valu Primary Schools Athletics Fest co-ordinated by Sligo Sport and Recreation Partnership took place in September with over 1,000 school children taking part the over a week-long event. The 2020 event coincided with European Week of Sport (23rd to 30th Sept) and was selected by Sport Ireland as one of its flagship events to celebrate the week-long programme of physical activity. This year saw the event 'Staying Local' with each school participating from their school grounds with SSRP Athletics officials timing the events in each school. The same great concept as years past, with the same great spirit but done in a new way!

The initiative once again proved to be a huge success with a record number of schools and participants enjoying the activities. Over 1,000 primary school children representing 36 primary schools from all over County Sligo took part. There were both relay races and individual races for both boys and girls. This gave children the chance to run as part of a team and it provided a great opportunity for individual runners to take on the challenge of the longer 200m distance. The event is now in its 16th year and continues to grow in popularity with the focus being on participation, fun and enjoyment. Certificates of Participation and event t-shirts were presented to all athletes in recognition of their sporting effort.



The event was kindly supported by Super Valu stores throughout County Sligo. During the week-long event, a team of volunteers from County Sligo Athletics Association, Athletics clubs throughout County Sligo and SSRP staff worked collectively to ensure the event ran off smoothly. Event Co-ordinator, Deborah Sherlock of Sligo Sport and Recreation Partnership stated, "This year's SSRP Super Valu Athletics Fest has proven to be a great success with a huge number of children taking part from across the County. The positive response and support from the many schools and teachers for this year's event, in light of Covid-19 restrictions is great to see and was really uplifting".

She added, "The collective effort from Athletics clubs, event sponsor Super Valu and SSRP staff all contributed to a great sporting occasion for the young people involved."



Active Schools

Some more action from the Super Valu Primary Schools Athletics Fest 2020...



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.

Activities For All



Supporting People with Disabilities to improve their fitness, develop their physical skills and balance, and increase their overall physical activity levels in a fun way, was the focus for the recent Activities for All online exercise programme. The programme was developed in conjunction with a number of local HSE community houses and was a response to the increased number of adults with an intellectual disability (ID) now living in community settings. The programme involved 13 HSE community houses and recruited 19 adults of various ability levels from these houses to participate in regular exercise sessions twice a week for six weeks. Using the home exercise resource designed by Sport Ireland a qualified SSRP

fitness instructor delivered the online sessions via zoom to the various houses involved. All sessions were adapted to include all ability levels and over 27 HSE staff working in the community houses over the duration of the programme supported the participants throughout.

Woodlands for Health

The highly popular Woodlands for Health programme, which uses Walking in local woodlands and forest areas, returned for a period in September/October 2020 much to the appreciation of the adults from Sligo Mental Health Services who participated. A series of 8 walks were completed in various scenic locations around the county and an experienced SSRP Walking Leader with support from 4 Occupational Therapy (OT) Staff from the HSE Rehabilitation and Recovery Unit based in Sligo led each walk. In line with Government guidance at the time, a maximum of 10 people attended the walks each week and again the feedback was extremely positive with one OT stating how much one of her clients was enjoying the walks and how he is up and ready to go when she collects him, whereas other days it can be much harder to motivate him; such was the success of the programme.



Social Soccer



Social Soccer, the inclusive community based Soccer initiative developed by SSRP also managed to make a return for a number of weeks in the Autumn/Winter of 2020 under strict protocols to ensure the safety of those involved. Twelve adult participants from various backgrounds and some attending local Adult Support Services, signed up for the outdoor programme based at the Astro facility at the IT Sligo. Two experienced SSRP soccer coaches oversaw and delivered the programme and it proved a very welcome release for all the young men involved in what has been a difficult time for everyone. The programme plans to return as soon as Government guidelines permit so please keep an eye on our website www.sligosportandrecreation.ie and social media platforms for further details in 2021.

For all queries on the SSRP Sports Inclusion programme, contact Shane Hayes at shane@sligosportandrecreation.ie or 07191 61511

Active Seniors

Ageing Well Home Exercise Initiative with Ocean FM

Following on from the success of the first home exercise initiative aimed at older adults Sligo Sport and Recreation Partnership in association with Sligo County Council/Sligo Age Friendly and the HSE West recently launched the winter Ageing Well at Home Exercise programme. The programme utilised the new physical activity plan for older adults developed by Sport Ireland in conjunction with Age & Opportunity. The Ageing Well at Home resource leaflet was circulated to over 2,500 homes around the county to support older people to perform the exercises safely and correctly. The resource helps to build strength and confidence in older adults through a range of fun and easy exercises, whilst also helping to develop transferable skills needed for everyday living. The various exercises were delivered live on Ocean FM over a series of six weeks in November and December 2020 and proved to be a really enjoyable programme for all.



Stronger for Longer



The new Stronger for Longer programme developed by Sligo Sport and Recreation Partnership in association with Healthy Ireland, Sligo County Council and Sligo Local Community Development Committee targeted men and women over the age of 50 to engage in a fun, supervised 8-week physical activity programme. Phase One of the online programme was delivered in October/ November 2020 and targeted people from all over County Sligo.

The Stronger for Longer programme was facilitated by experienced exercise and fitness instructors who supported the 25 people involved in Phase One, to participate in a series of moderate intensity physical activity sessions twice a week throughout the 8-week period. The programme was extremely successful in terms of participation with over 80% attendance rates at both programmes. One participant who attended most of the sessions reported that she *"Found the class really good. As someone in my early fifties & experiencing the 'lessening' of youth and all that goes with that I found it great. A pain that I had in my hip certainly lessened, and I feel the class has benefited my upper body strength which I've much needed."*



Women in Sport

Sligo Traveller Ladies Get Fit Online

Ladies from the Sligo Traveller Support Group are currently enjoying a 6 week online fitness programme, led by an SSRP Instructor, supported by Sligo Sport and Recreation Partnership.

Cliona Ward from Sligo Traveller Support group noted *“We are so delighted to have this programmes on zoom, it has been really fun and beneficial for our participant’s physical and mental health.”*



AXA Bike Rides supports Women in small group cycles



Due to Covid- 19 restrictions, the annual Ladies Tour of Lough Gill Cycle event could not take place in 2020. With some thinking, an opportunity to provide women who were new to Cycling with experience of small group longer cycles came by linking with local AXA Community Bike Ride leader John Green. Women were encouraged to sign up to the programme and attend one of his planed routes during October to December, excluding weeks where this could not happen due to restrictions.

The AXA Community Bike Rides aim to inspire people to get out on their bikes. It was established by Cycling Ireland in conjunction with AXA Insurance. 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. You can find the next one at www.axacommunitybikerides.com/rides

SSRP Representative on Sport Ireland’ Women In Sport Working Group



Sport Ireland’s Participation Unit, along with Nora Stapleton, Women in Sport (WIS) Lead established a new National LSP Women In Sport Working Group in August 2020, and invited all Local Sports Partnerships to nominate someone who has an interest, the relevant skills and experience and who can contribute to and would be a positive addition on this group.

They got a great response from applicants, with plenty of competition for places, and we’re delighted to confirm that they selected 10 representatives from the LSP network including our SSRP Sports Development Officer, Diane

Middleton Cox. SSRP are thrilled to have a representative on this valuable group, hoping to make a difference for Women In Sport.

The purpose of this group:

- ◆ To represent the network on the topic of Women in Sport when and if the need arises.
- ◆ To increase the collaboration and communication between Sport Ireland and the LSP network when it comes to Women in Sport.
- ◆ To work together on potential national Women in Sport programmes, initiatives, events or campaigns.
- ◆ To provide a platform for LSPs to discuss the needs and requirements of the network when it comes to Women in Sport.
- ◆ To act as a sounding board to bounce ideas off in relation to Women in Sport initiatives and programmes.

Education and Training

SSRP host first Physical Literacy Workshop through Zoom

Physical Literacy is defined as ‘the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life’. According to The Lifelong Involvement in Sport & Physical Activity (LISPA) model, Physical literacy is the foundation for lifelong involvement in physical activity. All this and more was covered in the Understanding Physical Literacy Module over Zoom on 16th December.

On the night, 14 participants from parents, pre-schools teachers to sports coaches completed the workshop; all coming away with a greater insight into what physical literacy is and how to develop it.

The Understanding Physical Literacy Module (Online) was developed by Sport Ireland Coaching in partnership with Stranmillis University College to provide a personal and professional development opportunity for those interested in developing their own physical literacy and/or helping others develop their physical literacy throughout the life course.

This module is an interactive 2 hour online workshop comprising the following areas:

- Outline the origins, definition, elements, relationship between the elements and importance of physical literacy.
- Explain whether individuals can be described as ‘physically literate’ and whether physical literacy can be assessed.
- Discuss why physical activity is so important to children and how we can do more to encourage it.
- Explore findings from national and international research that highlights the need to increase children’s levels of physical literacy as part of the long-term approach to increasing wellbeing and reducing levels of preventable disease.

If you are interested in undertaking this training please contact Theresa Kilgannon at theresa@sligosportandrecreation.ie or 07191 61511



Women in Sport Leadership Programme

Two of our SSRP Sports Development Officers took part in Swim Ireland’s Women in Sport Leadership Programme. The course offers participants the opportunity to learn, network and collaborate with other participants from various other NGB’S. This course has been running for numerous months to great success and came to fruition after extensive research and awareness of a lack of women in leadership positions in sport. The course seeks to provide training, guidance and expertise to participants to help them thrive in leadership positions in sport.

Through interactive sessions the participants develop their knowledge, understanding, self-awareness, wellbeing and crisis management, among many other topics.

Notably there were many prolific guest speakers including Jacqui Hurley, David Harte OLY, Elaine Buckely and Nora Stapleton. All of which offered their insight and experience of high performance sport and the numerous transferable elements. A key element to the programme is the opportunity to connect with other women in a sporting sphere across various different sporting disciplines. SSRP is hoping to bring this lucrative programme to the women of Sligo in the not so distant future.



Education and Training

Sligo Sport and Recreation Partnership Club Development Grant Aid



Sligo Sport and Recreation Partnership is committed to supporting a quality coaching workforce in County Sligo. The Partnership provides grant assistance to sports clubs/organisations within County Sligo for Club Training Initiatives to support their voluntary coaches and club administrators to develop their skills and knowledge. During the latter half of 2020 SSRP supported coach education/club training initiatives across a range of sports including **Gymnastics, Surfing, Badminton, Soccer and Athletics**. 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 moved our training for Safeguarding 1 online via Zoom in Autumn 2020. To date SSRP has delivered 9 Safeguarding 1 Awareness workshops with 115 coaches and volunteers trained. Please keep an eye on the SSRP website and Facebook page for upcoming dates.

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...

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**Sligo Sport and Recreation
Partnership**

MSL ETB Offices, Quay Street, Sligo

Tele: 071 91 61511

info@sligosportandrecreation.ie

www.sligosportandrecreation.ie

