

Q4 Newsletter 2023



A Message from Deirdre Lavin, CEO, SSRP

We are delighted to introduce the first edition of our new online newsletter which we plan to produce on a quarterly basis. As the year draws to a close it is timely to take a look back at some of the programmes and events facilitated by SSRP with a focus on the last quarter of 2023.

Thank you to everyone who supported us throughout the year to get 'More People, More Active, More Often', including the many volunteers in sports clubs/ communities, our partner agencies, the SSRP Board of Directors and Sport Ireland.

We hope you enjoy reading a snapshot of what has been achieved in getting people of all ages, abilities and backgrounds physically active.

We wish you all a Happy Christmas and an active and healthy New Year. We look forward to continuing to work with the sporting community in 2024 to 'Make Sport and Recreation a Way of Life in Sligo'.

#ActiveSligo



Finish Line Reward

40 courageous women took on the challenge of tackling an introduction to triathlon programme. With six weeks of training and support from Sligo Triathlon Club, the fearless women completed the "Try a Tri" event and were met at the finish line with cheers from their families and friends. Bravo, ladies!



Splash-tastic

Teenage girls dived into the world of 'AquaMoves', an empowering programme that boosts body confidence in a fun-filled, aquatic setting with support from Swim Ireland, SSRP and West Sligo FRC. Music and movement collided to create a unique and fulfilling experience that leaves girls feeling inspired and challenged.

Her Moves - Making Waves

Making Waves is an approved Her Moves programme delivered by SSRP in partnership with Rebelle Surf School located at the National Surf Centre Strandhill. Two pilot programmes have taken place offering teenage girls an opportunity to move in a fun friendly non-judgmental environment while learning some surf skills and much more.



Gals with Gloves



Women On Wheels



Outdoor Gym



Roll with Us

Everyone is entitled to feel the freedom, independence and enjoyment that sport brings. The Wheelchair Basketball programme enables able-bodied people and people with physical disabilities to play alongside one another in a social setting. Pushing their limits while having fun!



Beach Access 4 All

The new Mullaghmore Beach Mat is an inclusive beach experience designed for people of all abilities. With this unique mat, people with mobility issues or visual impairments can hit the beach and be part of the fun in the sun! It is a collaborative effort of Sligo County Council, SSRP and Swim Ireland.



Wheelie Fit

Members at the Sligo IWA Branch got fitter, stronger and faster with the new adapted wheelchair-based fitness programme. Tailored to meet the needs and physical demands of the individual.



One Good Connection



Run with Ray

Jumping Everyday

Urban Adventure Sports

Enjoyed by all ages, the fun exciting urban sports of skateboarding and rollerblading boost confidence and self-esteem. SSRP partnered with Zero Gravity, one of the only indoor skate parks in the country, to introduce these sports to children and adults from a diverse range of backgrounds. The aim is to introduce more people to these urban activities in a supportive indoor environment, coached by experienced instructors and encourage them to pursue their skating passions for either recreation or competition.

Curry River Aerobics

Curry Outdoor Pool, a hidden gem in South Sligo was given a new lease of life with support under the Rural Outdoor Community Sport Hub Initiative. With a strong committee of local people leading the drive and partnering with Swim Ireland, water aerobics was thoroughly enjoyed leading to continued winter dips.



Men on the Move



Enniscrone Buggy Buddies



Stride into Fitness

Activator pole walking promotes physical activity through gentle walking and strengthening techniques. This social fitness programme has been successful across the county in sites of Enniscrone, Tubbercurry, Sligo Town, and Northside. Participants complimented the programme as “new and never boring” and acknowledged they “feel safer walking” with the poles.



South Sligo Kayaking





Lanes of Laughter

Over 1,200 enthusiastic children made their way to ATU Sligo for the annual SSRP SuperValu Primary Schools Athletics Fest 2023. Members from the County Board, local athletics clubs, Special Olympics, and TY students from Sligo Grammar School volunteered at the event. The atmosphere was electric as the children proudly displayed their athletic prowess. We're already looking forward to next year's event!



Disney Playmakers

Disney Playmakers programme focuses on developing fundamental movement and football skills for young girls through Disney stories. Abbey United FC invited girls to step into the magical world of Disney as they took their first steps in their football journey. Almost 30 girls participated with a third of them joining the club afterwards.



More than play

Explore play together with our "Ag Súgradh le Chéile" parent/guardian and child workshops. This year, we've brought laughter and connection to over 900 participants with over 30 sessions delivered in primary schools across County Sligo. Book your workshop now by emailing kate@sligosportandrecreation.ie.



Ballinode College TrY Rowing



Girls Active is Back



East City Walkers

Age Friendly Sligo, Sligo County Council, SSRP and Sligo Leader Partnership Co. welcomed all ages to get active while socialising at the 'Walk and Talk' event in October. This event connected interested individuals with the established East City walking group who are always welcoming new members on their weekly Thursday walks.



Supporting Delivery

SSRP teamed up with ATU Sligo Health Science students providing training to allow them to support the delivery of Games4All. This programme enables adults with disabilities to develop their movement skills and become more active. The support of ATU students increases participation opportunities. Adapting sports, making a difference!



Elevating Coaching Skills

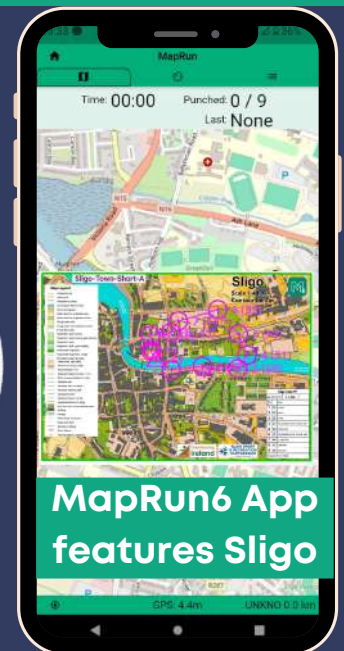
Our recent 'Coaching Children Workshop Series' saw 19 coaches enhance their expertise, marking a milestone as the course debuted in West Sligo for the first time. A fantastic opportunity to empower our coaches and ensure the best for our young athletes.

Coaching Teenage Girls Workshop

"I was able to apply this theory to practice towards my role as a coach and got many ideas on how to improve the coaching environment for teenage girls"



Empowering Women in Powerboating



Sports Energy Support Scheme

Through funding accessed from the Dept of Sport, SSRP provided an opportunity for community-owned sports facilities in Co. Sligo to avail of grant aid support towards increased energy costs incurred. Seven organisations received a total of €11,612 under this 2023 phase of the scheme, with SSRP intending to provide further assistance in 2024 through a similar grant application process.



Volunteers in Sport Awards 2023

SSRP were delighted to support and sponsor the County Sligo Award for The Federation of Irish Sport 2023 Volunteers in Sport Awards. The event will be celebrated on Thursday 29th February 2024. There will be an in-person awards ceremony in the Crowne Plaza Hotel Blanchardstown in Dublin. Nominations closed on the 18th of December.

#DedicatedToTheDedicated



Safeguarding our Future

SSRP continues to deliver Safeguarding 1, 2 & 3 workshops throughout the year. Over 200 participants have undertaken Safeguarding education in 2023 with Safeguarding 1 being the most sought after course with 13 Safeguarding 1 workshops offered. This workshop educates participants on the implementation of best practice in safeguarding the welfare of children involved in sport.



Club Training

SSRP is committed to supporting quality coaching and training opportunities for sports clubs and organisations in County Sligo, with grant aid assistance available throughout the year to support club personnel to develop their skills and knowledge. During 2023 SSRP supported generic education and training initiatives across a range of sports including Athletics, Basketball, Gymnastics, Dragon boating, Mountaineering, Rowing, Soccer and Surf Lifesaving. For further information e-mail: info@sligosportandrecreation.ie





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More People, More Active, More Often