

Q4 Newsletter 2024

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from
Sligo Sport and Recreation Partnership

Welcome to the SSRP Quarter 4 Newsletter where you will find a snapshot of various programmes and events held between September and December and a preview of some of what's coming in 2025. We extend our appreciation to all our partner agencies, clubs, and communities for their ongoing support in helping us achieve our goal of having 'More People, More Active, More Often'. And we would like to take this opportunity to wish everyone a Merry Christmas and happy, healthy and active new year.

Deirdre Lavin, CEO and all SSRP staff

Xcessible Bronze Award Achieved

Building a strong foundation for inclusion and nurturing relationships with partners and stakeholders is a key priority for SSRP. Through the provision of quality inclusive opportunities, increased disability awareness, education, and support with inclusive equipment/ facilities, more people with disabilities are being encouraged to participate in sport and physical activities at a level of their choosing. SSRP are proud to have achieved the Bronze Award from Active Disability Ireland and are excited about continuing the inclusive journey.



Public Consultations for Outdoor Recreation

Sligo is developing an Outdoor Recreation Plan which will guide how outdoor recreation activities across the County are developed over the next five years. Your voice is important, please join the public consultations:



- **Enniscrone - Monday 13th January** from 7-8.30pm, West Sligo FRC, Enniscrone (F25 V5T8)
- **Tubbercurry - Tuesday 14th January** from 3.30-5pm, Tubbercurry FRC, Tubbercurry (F91 YR25)
- **Sligo Town - Tuesday 14th January** from 7-8.30pm, Sligo Park Hotel, Sligo (F91 Y762)

Board Renewal

SSRP is governed by a Board of Directors. In 2024 Board renewal took place with the new Board meeting for the first time on 20th November. The Board comprises 15 members and reflects a broad mix of specialist skills and lived experience to ensure the organisation operates effectively. We warmly welcome 8 new members to the Board while we also extend a sincere thank you to the 8 outgoing members for their time, expertise and commitment to SSRP. Full details of Board composition can be found at www.sligosportandrecreation.ie



#ActiveSligo

Active Leadership Award

SSRP trained 15 enthusiastic community-based sports leaders from a variety of local sports clubs and community organisations in the Sport Ireland Active Leadership Award. The course aims to ensure sports leaders can support people of all ages and abilities to stay active and engaged in sport and physical activity. With the tools to create fun, inclusive, and safe activities, these sports leaders are now ready to inspire and lead others towards healthier, more active lifestyles and make a lasting impact on their communities.

Fly-Tying for Fishing

A fly-tying project delivered by Lough Arrow Fish Preservation Association and District Anglers was funded under the 2024 Special Projects Participation Grant Scheme. Participants were aged 5 to 18 years and received expert tuition in the skill of fly-tying along with lessons on the ecosystem of the local environment. The project increased participation and membership in the club.



Bright Future for Juniors- Strandhill Golf Club



Ocean FM Sports Awards

SSRP was delighted to sponsor the Diversity/ Inclusion Award at the recent Ocean FM Sports Awards. The three very worthy nominees were Stuart Haxel (Sligo Tennis Club), Jamie Murphy (Sligo Rovers FC) and Laura Mc Guinn (Glenview Stars FC & Deaflympics futsal team). Congratulation to the winner Jamie Murphy for his outstanding work in facilitating inclusion through soccer at Sligo Rovers.

Ocean FM Inclusion Award



Congratulations to Sligo Rowing Club on winning the Ocean FM Club of the Year award for 2024. It is amazing to see how the club has developed over the years to a place where they are represented by elite rowers internationally while also catering for both social and competitive rowers at club level. Well done to all the great club volunteers and coaches.

Ocean FM Club of the Year





Sports Hubs

Coolaney Welcomes Cycling

Coolaney Development Company through the Rural Outdoor Community Sports Hub completed significant work last month in Coolaney Community Park, making it a hub for cyclists of all ages. In addition to the pump track there is now a safe flat learn to cycle area, outdoor spinning bikes, a hand cycle and a bike repair station with a pump and tools. 'Learn to Cycle' sessions and outdoor fitness classes are planned for the New Year.

Dive into Action



SSRP were delighted to collaborate with Swim Ireland and Waterpoint Leisure Centre to reintroduce three Swim Ireland initiatives to the Enniscrone Community Sports Hub. From October to December, over 40 participants enjoyed 'Swimmin' Women', 'Aqua Moves', and 'Artistic Swimming' programmes, fostering fun, skill development, and social connection in Enniscrone.

Razorbacks Basketball Club Blitz



Children Cycling Classes Coolaney



Exploring Community Sports Hubs

Dr. Eric Lacey from the Sport Ireland Participation Unit recently visited Sligo to explore the positive impact and potential of Community Sports Hubs.



Community Sport

Couch to 3k Returns in January

SSRP's popular Couch to 3K programme returns in January 2025 at Cleveragh Park. Perfect for beginners, this programme is designed to help participants transition from walking to jogging in a supportive and encouraging environment. By focusing on gradual progression, it builds confidence, fitness and stamina, helping participants achieve their fitness goals at their own pace. Whether you're starting from scratch or looking to reintroduce exercise into your routine, Couch to 3K is a great way to get active. Registration opening soon!

Sligo All Stars Socia-Ball



Sligo All Stars started a 'Socia-Ball' programme, a recreational basketball initiative bringing together players of all ages and skill levels. It's a fantastic opportunity to enjoy basketball in a fun, inclusive setting. Follow Sligo All Stars on social media for updates on their next programme starting in January.

Tubbercurry GAA Healthy Club - Rural Boxing



St. John's Men on the Move



Abbeyquarter Gentle Exercise Programme





Castleconnor GAA All Stars

Promoting the ethos of inclusion is alive and well in West Sligo with Castleconnor GAA club becoming the latest sports club in Sligo to develop an inclusive club programme. Organised locally by trained coaches and volunteers the clubs 'All Stars' programme targets children with disabilities locally and delivers a fun filled, weekly sports session, developing the children's fundamental skills in a safe, supported and social environment.

Stronger for Longer Heads North



The hugely popular 'Stronger for Longer' programme moved to its newest location in Grange under the latest SSRP/ Healthy Ireland funded initiative. Co-ordinated by St. Molaise Gaels through their GAA Healthy Club programme, a range of people over the age of 50 are making a real difference in improving their health through this strength-based training programme.

Tag Me if You Can Inclusive Rugby



Woodlands for Health – Nature is therapy



Holy Family Pre-School Never Stop Moving

“ Never Stop Moving – The activity sessions with the children are proving really positive and beneficial for both children and staff and we are delighted to be given the opportunity. ”
Acting Manager Holy Family Pre-school



WIS Networking Event

SSRP hosted its inaugural Women in Sport Leadership Networking Event on November 19th at the National Surf Centre. Facilitated by Lisa Clancy, Vice President of Paralympics Ireland, the evening brought together past participants from three Women in Sport Leadership courses. Guest speaker Hannah Craig, Ireland's first female Olympic canoe finalist, inspired attendees with her journey. The event united female leaders from Sligo's sports clubs, promoting meaningful discussions and supporting the continued development of women in leadership roles within local sports.

Serve and Connect

SSRP collaborated with Badminton Ireland to create 'Serve and Connect', a programme for new communities to learn badminton and provide an opportunity to socialise. After the four-week programme, participants received membership to join the Sligo Badminton Club, providing a sustainable pathway to continue playing and integrating into the local community.



St Johns Women's Pilates



Mercy College Go Sailing



Consulting with Teen Girls



SSRP hosted a 'Girls Active' consultation gathering insights for future improvements to the programme followed by some ice skating which everyone, including teachers, enjoyed.



Youth & Schools

Ping Pong Art and Young Leaders

SSRP partnered with Table Tennis Ireland to bring two exciting opportunities to Ursuline College students. Firstly 14 Transition Year students completed 'Young Leaders' training, equipping them with skills to lead table tennis activities. The newly qualified Young Leaders are now set to deliver a four-week table tennis programme to their first-year peers, fostering leadership, collaboration, and a love for the sport within the school community. In addition, 40 first-year students took part in the creative and engaging 'Ping Pong Art' programme.

Olympic Handball Regional Blitz

SSRP supported Olympic Handball Ireland to host the first Connacht Regional Secondary Schools Blitz. Teams competed across the girls and boys juvenile and junior divisions, with 22 teams in total. It was fantastic to see Sligo schools, Corran College, Ballinode College, Coláiste Iascaigh and St. Mary's College participate in this event.



Balance Bike Programme



Active Schools Week 2025

YOUTH SPORT WEST
Extra Curricular Sport and Physical Activity

Active Schools Week

Get more information on

- YSW programmes
- YSW taster days
- Ag Súgradh le Chéile Workshops

Email
kate@sligosportandrecreation.ie

TAKING 2025 BOOKINGS

SLIGO SPORT & RECREATION PARTNERSHIP
SPORT IRELAND

Teen Girls Rugby Blitz





Schools Orienteering Event

The Urban Outdoor Adventure Initiative supported a primary schools orienteering event in Cleveragh Park in October. The weather was perfect as nearly 200 children navigated the park with maps in hand. Sligo CTC provided student volunteers on the day who assisted SSRP coaches and Orienteering Ireland to run the activities. Orienteering is suitable for all ages and maps of Sligo are available on the MapRun App (free to download at: www.orienteering.ie/maprun/). So why not give it a go over Christmas.

The Voice of Children and Young People

SSRP recently engaged with the Woodlands School at Cleveragh and Comhairle na nÓg at the CRIB in Sligo to hear young people's thoughts on the upcoming County Outdoor Recreation Plan for Sligo. It was great to hear fresh perspectives and new ideas, highlighting the needs of young people.



Schools Indoor Rowing Blitz



REC 3 First Aid Course



Improved Amenities for a Better Experience

Well done to Curry Swimming Pool Committee who's hard work has seen the installation of new toilet and shower facilities at Curry Outdoor Pool funded through the Outdoor Swimming Infrastructure Scheme 2024. A great addition for the local swimming community.

