

Welcome to the SSRP Quarter One Newsletter. In this issue, you can read a snapshot of various programmes and events held between January and March this year, and also check out some upcoming projects and events. Thank you to all our partner agencies, clubs and communities who continue to support us in having 'More People, More Active, More Often.'

Community Sports Hub Evaluated



SSRP are delighted to share the publication of the Enniscrone Community Sports Hub Evaluation Report focusing on years 1-3 of the 5-year project. The report celebrates the significant impact of this hub, providing increased opportunities for people to participate in sport and physical activity opportunities as well as enhancing their well-being. A huge thank you to all the sports clubs, community groups, and partner agencies who turned this vision into a successful reality.



Gran Fondo Coming to Sligo



Sligo County Council recently hosted the launch of a very exciting cycling event for Sligo. The Gran Fondo World Series is coming to Ireland for the first time ever, set to take place in Sligo on June 29th & 30th. This global event is for cyclists of all abilities who will be coming to Sligo on the beautiful Wild Atlantic Way.

Good News for Outdoor Recreation In Sligo

Minister for Rural and Community Development, Heather Humphreys TD, announced funding for a pilot programme to introduce County Outdoor Recreation Officers in six Local Sport Partnerships across the country. Following a competitive application process SSRP is delighted to be awarded one of the officer positions. In addition, funding is being made available for the development of a County Outdoor Recreation Plan and SSRP looks forward to working with all stakeholders on this project including Sligo County Council, Sligo Leader Partnership Company, Coillte, Failte Ireland, sports clubs and the many outdoor recreation providers. This funding investment is part of a commitment to 'Embracing Ireland's Outdoors', the National Outdoor Recreation Strategy 2023-2027, which sets the stage to strengthen and support the sustainable development of the outdoor recreation sector in Ireland for years to come.





COMING SOON

Men's Try a Tri

SSRP is excited to support the Sligo Triathlon Club's men's Try a Tri event this April. It just takes one stroke, one pedal and one step to start your triathlon journey. Commencing on the 28th of April, participants will train under the guidance of exceptional coaches from Sligo Triathlon Club before participating in the main event on Sunday the 2nd of June. A fantastic opportunity for participants to get active and reignite their passion for sport. For more information and registration details please visit <https://sligotriathlon.ie/club-initiatives/>.

Athletics Throwing Workshop



West Sligo Athletics Club hosted a throwing workshop, where athletes from across Sligo honed their techniques, learned from expert coach, Mary Barrett, and connected with fellow enthusiasts. We look forward to seeing athletics field events grow throughout Sligo.

St. Farnan's GAA Youth Strength & Conditioning



St. Johns Indoor Youth GAA Programme



#ActiveSligo



Warriors Breaking Boundaries

'Breaking Barriers' in the world of boxing is a new over 18's, non-contact, technical boxing programme exclusively for women running in the Northside Community Centre. It has been hugely successful with an overwhelming response. 20 women are already enrolled with a growing waiting list. Led by an IABA female coach, this programme offers a welcoming environment for women of all skill levels to hit the world of boxing. One participant of the programme said "A wonderful way to achieve fitness, with great coaches, I really enjoyed the personal attention"

Step into Spring



Discover the power of poles for mobility, strength and fitness. Activator Poles is a fun and social outdoor programme suitable for all ability levels. An 8-week programme is returning to Sligo Town on the 12th April with 37 participants.



Men on the Move

SSRP, in partnership with the HSE and local GAA Healthy Clubs are offering a place where men can get together for group workouts and engage in interactive fun social sessions while getting fit. Programmes are currently running with Castleconnor, Naomh Molaise Gaels, St. John's and Curry GAA Clubs with 78 participants.



Merville's Super Strength Fitness



Abbeyquarter Easter Fun



Sooey Park Fitness



Buggy Buddies Enniscrone

Discover the joy of community and outdoor activity with Buggy Buddies, a programme by West Sligo Family Resource Centre, supported by SSRP. Every Wednesday from 10-11am, mothers gather at the Family Resource Centre to walk Enniscrone with their small children. It's a fantastic opportunity to connect with other mothers and exercise in a beautiful setting. For more information contact West Sligo Family Resource Centre at 096 37444.



Diving into Curry Pool



Curry Outdoor Pool Hub is going to be a hive of activity this summer with lots of water activities being organised. Local schools will take part in swimming lessons, while aqua aerobics will be returning in May along with plans for adult swimming classes. Lots to look forward to.

#ActiveSligo

Women's MTB Coolaney



Children's Cycling Enniscrone





Swimming Made Possible

A full body workout, improved well-being, feeling calm and relaxed; these are all benefits associated with swimming, and some of the reasons why many people love to swim. Sam Forde loves to swim and thanks to the installation of a new accessible hoist and changing plinth at Sligo Regional Sports Centre, Sam now has seamless access to the swimming pool. This not only enhances his physical wellbeing, but also contributes positively to his mental health. This project was supported by SSRP through Dormant Account Funding.

Games 4 All



SSRP again collaborated with the ATU Sligo Health Science department to host the popular Games 4 All initiative for adults from various local disability services. Students involved in the programme deliver a range of warm-up activities, skills sessions and fun games designed to get participants active in a safe and fun environment.

Strand Celtic Football For All



Seniors Sports Festival 2024



Ag Súgradh le Chéile

Delivering an Ag Súgradh le Chéile workshop with Our Lady of Mercy Primary School's Plaza 1 Class as part of their autism unit was an enjoyable experience, where parents/ guardians and children bonded through play, exploring new activities and fostering connections. It was a fun way for families to come together, creating memorable moments and shared experiences.

Inclusive Green Gym



Collaboration in Scotland

Sport Ireland and Sport Scotland worked together with the Irish Consulate in Edinburgh to host an exciting collaborative session between NGBs, LSPs and Local Authorities from both countries to focus on sharing challenges, ideas, and developing solutions for female participation in sport. Scottish Minister for Sport Maree Todd gave a keynote speech, and the SSRP Programme Manager participated in an inspiring panel discussion on lessons that can be drawn from the experiences of professionals, advocates and leaders.



Cycling Success

Residents from Globe House, San Antonio House, and Harbour House rolled into action at a cycling taster session. From wobbly starts to speeding balance bikes, there was laughter and learning during the cycling drills. Participants are looking forward to Bike Week 2024 in May.

"The recent Training and the Female Menstrual Cycle workshop was fantastic, It was very informative. The EduFit presenters were friendly and reassuring."

Women in Sport Week Workshop



Making Waves

Sixteen students from Ursuline College Sligo eagerly participated in a taster session for the Making Waves surfing initiative as part of HerMoves. With waves as their classroom, they embraced the thrill of the ocean, discovering new skills and confidence, creating unforgettable memories by the shore.



Abbeyquarter Movin' & Groovin'

"All the modules have helped:
-Building Belief and Confidence,
-Building up Networks,
-Importance of Having a Development Plan"

LeadHERs in Sport



Excitement is Building

The Girls Active programme is in full swing across 10 schools and centres, introducing girls to a diverse range of activities from boxing and tennis to yoga, zumba, and tag rugby. As we gear up for the 2024 Girls Active Festival, anticipation mounts with promises of exciting surprises and an array of fun-filled activities awaiting eager participants. We're looking forward to welcoming HerMoves back to the festival, adding another dimension of excitement to the event.

Coláiste Iascaigh Try Rowing



'Get Going Get Rowing' visited Sligo in March to train 14 enthusiastic TY students from Coláiste Iascaigh as indoor rowing coaches. They will now go on to coach rowing to the first-year students during PE classes for 6 weeks.



Skating Success with Cranmore



Disney Playmakers

Delighted to see Abbey United's Disney Playmakers programme oversubscribed once again. The 8-week programme focuses on developing fundamental movement and football skills for young girls through Disney stories. Keep an eye out on the Abbey United Facebook page for more opportunities coming in the Autumn.



A hit! Mercy TY Boxing

youth SPORT WEST
Extra Curricular Sport and Physical Activity
Programmes available to all schools
SPORT FOR ALL
Youth Sport West



COMING SOON

Bike Week 2024

Get your bike out of the shed or use a bike provided by SSRP. Bike Week is back. A celebration and promotion of all that's great about bikes and cycling. This national event is co-ordinated locally by Sligo County Council and Sligo Sport and Recreation Partnership with support from many local cycling clubs and community organisations. There are numerous free cycling related events running in Sligo throughout Bike Week, from 11th to 19th May. View the full list of events at bikeweek.ie.



Single Mothers Surf

Single mothers were given an opportunity to try surfing in a supportive environment. For those without childcare there was an activity camp running alongside the surf taster session for children between 5 and 14 years. To support continued participation, membership of a WhatsApp group and surf vouchers were provided.



IMRA Women's Trail Series

The first of its kind in the country, a series of untimed, no pressure trail run/ jog events for women only. The routes are fully marked and range from 5km to 6km in distance. Taking place on Sunday mornings at 10am on 7th, 21st and 28th April.



Schools Kayak Fest Launched



Skate for Your Gear



Ballinode College Go Kayaking

Road Show sweeps through Sligo

The Table Tennis Roadshow, hosted by SSRP and Table Tennis Ireland, attracted 355 enthusiasts of all ages. Table Tennis Ireland's Jing Yi Graham led lively sessions, creating a fun atmosphere and boosting skills. Deric Hartigan from Ireland AM joined Rathcormac NS for an exciting session, captured live on television. Thanks to everyone involved across the schools and Community settings. SSRP are delighted to be partnering with Sligo City Table Tennis Club to offer a 'Come and Try Programme'.



GRAN FONDO IRELAND
SLIGO 2024

29th & 30th June 2024

Volunteer Outreach

COMING SOON



Gran Fondo comes to Sligo

Gran Fondo Ireland is searching for volunteers to join them for Ireland's first ever Gran Fondo event. If you would like to get involved email hello@granfondoireland.ie.

Monetary contribution: For clubs, every 30 volunteers provided get a €1,000 donation.

Local Volunteers: To make volunteering more accessible volunteers will be placed in their localities.

Ongoing Grants

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. For further information on club development grant aid support opportunities contact the SSRP office on 07191 61511 or email info@sligosportandrecreation.ie

Coach with SSRP

WOULD YOU LIKE TO JOIN OUR COACHES DATABASE?

- Coach on community and school based programmes
- Opportunities to upskill
- Access to training and education

For more information contact:
kate@sligosportandrecreation.ie

Safeguarding our Future

Safeguarding 1, 2 & 3 Workshops

SSRP continues to deliver Safeguarding 1, 2 & 3 workshops throughout the year. This workshop educates participants on the implementation of best practice in safeguarding the welfare of children involved in sport. Keep an eye out on the SSRP website for future workshops.