



WELCOME

On behalf of the board of Mayo Sports Partnership (MSP) I would like to welcome you all to the Spring/Summer edition of our bi annual newsletter. As Sports Officer in GMIT Mayo Campus I'm fortunate enough to have been part of the Partnership Board since the inception of MSP. In that time it has been a privilege to see the great work carried out by Charlie Lambert and his team, (may I take a moment to thank Anne Royanane for all her hard work over the years and to welcome Deirdre Donnelly to the team). The projects MSP have instigated has changed the landscape for sport, and associated healthy living, within the county in that time. No project has contributed more to this than the West of Ireland Women's Mini Marathon, it's incredible that it's marking its 10th year and the positive affect it has achieved in that time is incredible. We are delighted to announce another project that I would hope to have similar impacts and long term affects as we develop an Urban Adventure Hub at lough Lannagh in Castlebar. Bringing together GMIT Mayo Campus' expertise in the field of Adventure activities, the skills of MSP and a variety of user groups, (who have helped pull the project together), as well as the amazing natural amenities on our doorstep, this project aims to show how Adventure Activities, long associated with the wilds of rugged mountains, raging remote rivers and roaring seas, (all of which Mayo is rightly famous for), can be enjoyed right on our doorstep in an Urban Environment. I have to finish by congratulating the Mayo Senior Football team on their recent national success and hope that they, as well as everyone else in the county, enjoy a wonderful summer with all that entails.



Nigel Jennings

Mayo Sports Partnership Board Member /
Sports Officer, GMIT Mayo Campus

Womens Tri a Triathlon Trí-atlan Mná

In November 2018 Mayo Sports Partnership came together with Triathlon Ireland to organise a Women's Try a Tri for Mayo in 2019. With 4 established clubs in Mayo and another in the process of being registered with Triathlon Ireland, it was decided that all 5 clubs would be involved in the programme.

After discussion with the clubs a programme was drawn up where the 3 main clubs in Mayo, Castlebar, Ballina and Westport would host the training for an eight-week period with 2 sessions delivered by Triathlon Ireland in Castlebar as this was the event location and the more central point for all clubs to travel to.

A launch date was set for January 18th to launch the Training programme and event in Castlebar Library in conjunction with the Healthy Ireland at your Library. Over 90 Women signed up for the event set for March 31st – Mother's Day! The event consisted of a 300m swim in Castlebar's new swimming pool, a 15k cycle on the Newport Road and a 4k run around Lough Lannagh. A lot of planning went into the event and the day finally came, it was a beautiful fresh Spring morning and turned out to be a beautiful day.

Thank you to all our clubs and Triathlon Ireland for an event that has started many ladies off on their Triathlon journeys.

Introduction Réamhrá	1
Ladies Tri a Triathlon Trí-atlan Mná	1
10 th Mini Marathon An 10ú Mionmharatón.....	2
Community Sport Programmes Cláir Phobail Spóirt.....	3
Ballinrobe Community Sports Hub Lárionad Spóirt	
Bhaile an Roba.....	3
Ballyhaunis Community Sports Hub Lárionad Spóirt Bhéal Átha hAhnais.....	4
Healthy Mayo Slaintiu Mhaigheo	4
Sport and Disability Update Tuairisc ar Spórt agus Míchumas	5
Active Age Programmes Cláir do Dhaoine Scothaosta.....	6
Walking & Cycling Programmes Cláir Siúlóide & Rothaíochta	7
Funding Information Maoiniú	8
Schools Section Rannóg na Scoileanna.....	9
Training & Education Oilúint agus Oideachas	10
Other News Nuacht Eile	11
Upcoming Events Imeachtaí ag Teacht	12





Countdown on to 10th Western People West of Ireland Womens Mini Marathon

Western People
West of Ireland
Women's Mini
Marathon



The Western People West of Ireland Women's Mini-Marathon, widely regarded as one of the preeminent road races in the region, will this year celebrate its tenth anniversary. The Mini-Marathon, which will take place in Castlebar on Sunday, May 5th in conjunction with the Mayo Sports Partnership and Mayo.ie, is currently inviting registrations for what promises to a fantastic event.

Since its inauguration in 2010, the Mini-Marathon has grown to become one of the biggest events of its kind in the West of Ireland. Over the previous nine stagings of the race, a combined 25,000 participants, including 4000 children, have taken part in the event. The Mini-Marathon has had an estimated value of over €2.5 million to the economy of Castlebar and has raised in excess of €1 million for its charity partners.

The Mini-Marathon s being held to coincide with Mayo Day 2019, the festival which celebrates all that is good about the county, its culture and its people. As a special offer for all entrants a FREE weekend for 2 to Ireland West Knock Airports newest location Cologne worth €1,000 is up for grabs plus all participants will receive a FREE t-shirt and goody bag.

The tenth anniversary staging of the race will also see the return of the ever-popular 'Mini-Mini', the 2k race for young runners, boys and girls,



which will set off before the main race and give youngsters the chance to get involved in the day's activities while also encouraging their physical fitness and wellbeing.

The Mini-Marathon will also see the return of the 'It's for Girls' schools initiative, which aims to encourage groups of students and teachers from schools around Mayo and the wider western region to train and take part in the race collectively, with prizes on offer for the school with the biggest representation on the day.

Registration for the tenth anniversary Western People West of Ireland Women's Mini-Marathon is only €20 and is now open. Entry forms are available in the Western People newspaper or online at www.westofirelandwomensminimarathon.com For queries contact Mayo Sports Partnership at 0949064360 or email msp@mayococo.ie

"Its for Girls"

Our 'It's for Girls' initiative now in its 4th year sets schools a challenge to get the most girls to take part in the Western People West of Ireland Women's Mini Marathon. The initiative is all about participation. The more girls each school enters the better the chance of winning the It's for Girls' trophy.

All participating schools are in with a chance of walking away with the coveted Mayo Sports Partnership Secondary Schools Mini Marathon 'It's for Girls' Trophy and winners will be decided on a percentage basis of girls over the age of 12. Entry fee is only €10 per student (normal cost of entry is €20). Teachers/Coaches/Mentors from the school can also enter as part of the team for €10.

All participants will also receive a special 10th anniversary Mini Marathon Technical T-shirt, finishers medal and a fantastic Goody Bag full of little surprises. We are also providing extended refreshments options at the finish line.

You can also find us on Twitter: @woiMiniMarathon and Facebook: www.facebook.com/westofirelandwomensminimarathon

To register the school's interest and to get further information contact Deirdre Donnelly at Mayo Sports Partnership on 094 906 4360



Calling
All Girls!!!

Your school is invited to participate in the 2019

'Its For Girls' Mini Marathon Challenge
Sunday May Bank Holiday Weekend
12pm The Mall, Castlebar.

The Its For Girls initiative aims to raise awareness around the importance of Physical Activity
Open to all secondary schools in Mayo.
Entry Fee is just €10 per girl. Girls over 12years of age can enter.

Walk, Jog or Run!

For more info contact Deirdre Donnelly on 094 906 4360 / email at msp@mayococo.ie





Deirdre Donnelly COMMUNITY SPORTS DEVELOPMENT OFFICER
 Contact Deirdre at 094 906 4386 or email dedonnelly@mayococo.ie

Community Sports Programmes Cláir Phobail Spóirt

Boxing - Good for Your Body and Your Soul Saturday 18th May, 11am – 4pm

Join the Mayo Sports Partnership and some of the members of Castlebar's boxing clubs to learn more about the sport of boxing. Discover some of its history, its importance within the Traveller Community and how it helps promote healthy living for both your body and your mind. No booking required.

<https://www.museum.ie/Country-Life/Events-Projects/Boxing-Good-for-your-body-and-your-soul>



Swim for a Mile

Westport SFAM had 60 participants with 45 completing the SFAM Challenge on Wednesday the 10th of April at Westport Leisure Park. Ballina had 72 complete their SFAM challenge in Ballina Swimming Pool. Castlebar in its first year had 25 participants in the SFAM Challenge in the new Castlebar swimming pool on Wednesday the 24th of April with Bethany Casron from Swim Ireland present for the event.



Janette Slattery SPORTS HUB COORDINATOR
 Contact Janette at 094 954 2908 or email ballinrobesportshub@gmail.com



Ballinrobe Community Sports Hub Lárionad Spóirt Bhaile an Roba

Active Afterschool Ballinrobe

Launched 23rd January 2019 in conjunction with Lakeside Gym, Maple Afterschool and Ballinrobe Sports Hub. This is a 'Get Active' hour for ages 6 to 12. The active hour was hosted within lakeside Gym on a date in Jan, Feb and Mar and was attended by 23 kids. (Demographics: 50 % m/f breakdown - 13% Irish, 4.2% traveller background, 26% Polish, 22% Latvian, 8.6% Hungarian, 22% Lithuanian, 4.2% English)

Building on its success, taster sessions were introduced in March with a weekly session taking place within the afterschool once a week (Akido, Football warm up, Dance to date) the following 3 active afterschool sessions April – June are being hosted from 'The Green' Astro facility in conjunction with Ballinrobe Athletics club and The Town Park Committee. This is a fully inclusive active hour which encourages kids under 12 to #BeActive. The active hour is funded under the Ballinrobe Sports Hub in partnership with MSP, Sport Ireland and Dormant Accounts.



Ballinrobe OT Launch Walk

Jan 12th 2019 11am. In participation with the national OT launch. Ballinrobe's Walk took place at 'The Green' Ballinrobe. The event was extremely successful with 170 participants taking part. For the following 5 weeks, participants had the option of continuing their walks Thursday mornings, Evening or Saturday morning, led by the local GAA. Numbers averaged out at 50 per walk with some participants progressing to the MSP Couch to 5k to further their fitness. (OT launch walk pic attached)

18+ Boxercise in partnership with MTSG and Maple YC

Commenced Jan 29th. A five-week programme, twice a week with a goal of encouraging exercise and healthy eating for this target group promoting mental and physical health. Between 5 and 7 attended the sessions in Lakeside Gym and encompassed a nutritionist visit at the last session on Mar 9th. Positive feedback on the programme was provided by all. Aim is to build on the momentum that developed with further joint partnerships between MTSG, lakeside, Maple YC. planned soccer games with neighbouring towns and hopeful participation in the current FAI 'Futsal' programme. Other events from the hub include Healthy Ireland healthy eating workshops Couch to 5k, men on the move, Boccia, Safeguarding 2, Girls Active, TY Physical Health Workshops.





Elmer Pieterse BALLYHAUNIS SPORTS HUB COORDINATOR
Contact Elmer at 094 906 4378 or
email epieterse@mayococo.ie



Ballyhaunis Sports Hub

Adult Futsal League

Ballyhaunis Sports Hub in partnership with FAI started a 6-week Adult Futsal League as part of the FAI's Integration Through Football project with funding coming from the Asylum, Migration and Integration Fund (AMIF). The programme embraces the multiculturalism in Ballyhaunis and encourages participation and integration of people from diverse backgrounds. Benefiting clubs by increasing the number of players and volunteers, while in a societal context, helping to promote and develop integrated communities via football.



Operation Transformation & Walking Groups

Walking is the easiest way to get moving, get active and get happy. Following on from the very successful Operation Transformation 2019 walks with over 70 participants, there are now two dedicated walking groups in Ballyhaunis, meeting weekly on a Tuesday evening at 7:30pm at the Enterprise Centre as well as Wednesday mornings at 9:30 at the Friary House, St Mary's Abbey. These walking groups are free of charge and form part of the Get Ireland Walking Programme, a national initiative that aims to maximise the number of people participating in walking for healthy, wellbeing and fitness.



Elmer Pieterse HEALTHY MAYO COORDINATOR
Contact Elmer at 094 906 4378 or
email epieterse@mayococo.ie



Healthy
Mayo

Healthy Mayo
Slaintiul Mhaigheo

Healthy Eating Workshops

Two 5-week Healthy Eating workshops were delivered in Ballyhaunis and Ballinrobe as part of the Healthy Mayo Fund Round two actions. The program focused on the basics of nutrition and healthy eating, food labelling and how to put this knowledge into practice. How to shop and prepare inexpensive nutritious meals and healthy snacks, considering the possible cultural and other variables of attendees.

The workshops included, interactive presentations, cooking demonstrations and a shopping expedition to a local supermarket.



Healthy Mayo Funding

Mayo Sports Partnership are involved in three Healthy Mayo actions under Round two of Healthy Ireland, namely Mayo on The Move, Sports Programme for older people and people with disabilities as well a Health and Well-being Coordinator.

Following on from the successful Healthy Ballina Project, the Health and Wellbeing group appointed a Health and Wellbeing coordinator to transfer the learnings from the Ballina Pilot Project to the two Sports Hubs of Ballyhaunis and Ballinrobe to address the health inequalities experienced by significant numbers of people living in these areas, and

continue the activities already initiated in Ballina
Some of the initiatives completed under the Health and Wellbeing

Coordinator's action includes :

- Expanding the Smoke Free School Gates Initiative to include schools in Ballinrobe and Ballyhaunis.
- Two 5-week Healthy Eating Workshops in both areas.
- Running physical activity programmes for groups who are not active, such as the Foroige Traveller Youth Exercise programme in Ballyhaunis



Ray McNamara SPORTS INCLUSION DISABILITY OFFICER Contact Ray at **094 906 4362** or email **rmcnamara@mayococo.ie**

Sport and Disability Update Tuairisc ar Spórt agus Míchumas

Programmes

BOCCIA LEAGUE CHAMPIONS

Parke team 2 were Boccia league winners for 2018 they fought off a tough Tuam centre side who pushed them all the way. Boccia league continues the first Monday of every month in Breaffy Gaa Club. If you are interested in boccia please contact **rmcnamara@mayococo.ie**

FRAME FOOTBALL

Frame Football is starting to grab the attention of participants who use frames to help them get around the first come and try day was held on the 1st of march and participants really enjoyed the workout. Frame has taken place on three occasions since then and will continue up to the summer. For more details of times and dates email **rmcnamara@mayococo.ie**

BOCCIA WORKSHOP

As part of John Paul awards St Gerald's College transition year students took part in a Boccia workshop with Sports Inclusion Development Officer Ray Mc Namara before going in to St Antony's special school where they put in to action what they had learned with the pupils of the school.

Training

AUTISM IN SPORT

Mayo Sports Partnership hosted the new Autism In Sport Workshop delivered by CARA APA in Breaffy Gaa Club on Saturday 5th April. This new course aimed at Coaches, Teachers, Sna's and groups that would like to or are providing physical activity opportunities for people with Autism. This workshop provided attendees with an understanding of Autism focussing on the delivery of sport. It helped participants to recognise and understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions. If you are interested in This workshop contact **rmcnamara@mayococo.ie**

CASTLEBAR SPORTS COMPLEX TAKE PART IN DISABILITY INCLUSION WORKSHOP

Castlebar Sports Complex participated in a Disability Inclusion workshop in their new state of the art facility. The workshop was delivered by Sports Inclusion Development Officer Ray Mc Namara from Mayo Sports Partnership. Castlebar Sports Complex want to make their facility inclusive and cater for all abilities in the community. 'it is great to see a proactive approach, they are already signed up for the national fit for all week which is taking place from the 5th -11th May this year, and we look forward to working with the new facility' said Ray Mc Namara. This work shop is available to all clubs and Ray Mc Namara is more than willing to help clubs who want to become more Inclusive. For more information contact Ray at **rmcnamara@mayococo.ie** or 0949047023.

DISABILITY INCLUSION TRAINING

The National Disability Inclusion Training delivered by CARA APA was held in Breaffy Gaa Club on 23rd March, The course was made up of students, club officials and volunteers from various clubs who are actively trying to make their clubs more inclusive. If you are interested in this training contact Ray at **rmcnamara@mayococo.ie**

SCHOOLS INCLUSION WORKSHOP

Foxford Primary School and Barnacarrol Primary school took part in an inclusion workshop with Sports Inclusion Officer Ray Mc Namara on 11th March. The schools received an inclusive Little Athletics park from Mayo Sports Partnership and are rolling out an inclusive athletics programme in their school.





Ray McNamara SPORTS INCLUSION DISABILITY OFFICER Contact Ray at **094 906 4362** or email **rmcnamara@mayococo.ie**



The National Programme for Sport and Physical Activity for Older People



Active Age Sports Fest

A very enjoyable sports day for Older people was held recently in An Sportlann Castlebar. This sports day was hosted by Mayo Sports Partnership. The day consisted of participants being brought through a wide range of activities which included Nordic Walking Active age Zumba Yoga Go for Life Games and Pickleball amongst others. *"What a great day, we definitely need more of these active days out"* said participants. Many thanks are extended to all who delivered workshops on the day. Participants were also treated to a light lunch on completion of the morning activities.

Nordic Walking and Activator pole workshops with Frank Fahy, from Fit Walk Ireland took place on the 30th of April & the 1st of May.

For more information contact rmcnamara@mayococo.ie

Active Age Programmes Clár do Dhaoine Scothaosta



Pickleball

Mayo Sports partnership is rolling out Pickleball within active age groups who are looking to get more active if your community or group would like to give Pickleball a go, contact rmcnamara@mayococo.ie



Older people's Road users conference

Ray Mc Namara and Mayo Footballer Andy Moran gave a talk to the older people's Road users conference on the benefits of exercise in Breaffy House Resort

Sofa to Saddle

Sofa to Saddle will kick off in 5 locations in early May. Castlebar, Westport, Ballina, Claremorris and Ballinrobe.

This is a 6-week Sofa to Saddle programme for adult beginner cyclists. The programme includes basic road instructions safety, maintenance and confidence building, and lots of leisure spins with confident instructors. The cost is €20 per person

To book contact Mayo Sports Partnership on 094 90 64360 or contact mSP@mayococo.ie for more information.



Bike Week



Once again Bike Week will make a return to Mayo in 2019, Mayo Sports Partnership in conjunction with Mayo County Council will be shortly inviting applications for funding from interested community groups / sports clubs for Bike Week 2019 (22nd – 29th June) events.

If your group is interested in promoting cycling as part of a fun, national programme, this is an ideal opportunity to apply for funding to help deliver your event. Grants for Community Groups, who are properly constituted, are available up to a potential maximum of €300, depending on the size and nature of the event. Groups will be able to get an application form by contacting Mayo Sports Partnership at 094 9064360 or email Deirdre Donnelly at dedonnelly@mayococo.ie



Step Up and Get Your Community Walking

If you would like to get a walking group started in your area take steps to start with the new Get Ireland Walking Active Community Walking Programme. The programme will encourage people to become active/more active through walking and support local people to set up and sustain a community walking group. This programme is suitable for people of all fitness levels and abilities. During the programme barriers that people face concerning being active within their local area will be addressed. Communities will be supported in the experience of walking with a group and in developing an action plan for walking in their local area. The programme will be available to 6 communities in Mayo who do not have any formal walking group. A trained facilitator will attend 6 sessions and provide advice / resources which will help the group become sustainable.

Mayo Sports Partnership is now seeking expressions of interest from communities / groups (*not individuals*) who would like to participate in this initiative. If interested please complete an expression of interest form and return to Mayo Sports Partnership, c/o Mayo County Council, Castlebar, Co. Mayo, or email it to mSP@mayococo.ie. Closing date for receipt of applications is Friday, 3rd May 2019. Successful groups will commence sessions in early June. To find out more about the Get Ireland Walking Active Community Walking Programme contact Mayo Sports Partnership at 094 906 4360. *This programme is an initiative of Sport Ireland and is being delivered by Mayo Sports Partnership*



Click here for more information



Community Expression of Interest Form

Community Name: _____
 Contact Person: _____
 Address: _____
 Email: _____
 Date: _____

Does your group have a local venue that could be used for meetings and activities prior to and after walks?
 Yes/No _____

Are you or any other person currently doing walking or other activities which would allow you to help the group?
 Yes/No _____

Are you aware of any other people who would be interested in participating in walking (under 16 years)?
 Yes/No _____

Are you aware of any other people who would be interested in participating in walking (over 16 years)?
 Yes/No _____

Indication of the number of participants expected for the first year:

Thank you for your interest in this programme. We will notify you as soon as possible if we have any further information.

New Initiative Community Bike Rides Launched

Cycling Ireland has partnered with AXA Insurance to develop a nationwide initiative providing free, social, leisure Bike Rides for people of all cycling experience. Mayo Sports Partnership is delighted to be supporting this new participation initiative and welcomes that there are 3 ride locations in Mayo.

"It's a brilliant concept similar to the parkrun initiative. People can just log on to the website and book a place on the various bike rides which are targeted at new or aspiring cyclists" stated Mayo Sports Partnership Co ordinator, Charlie Lambert. Pilot Rides will take place in 11 counties from the 12th April next. These initial pilot rides are restricted to cyclists over the age of 18 but family friendly rides will be rolled out in the coming months.

Cycling Ireland will recruit and train all volunteer leaders and provide insurance cover for all registered participants. To join this exciting initiative and to find out the details of your nearest ride, check out the website www.axacommunitybikerides.com, register to participate and get on your bike!





Community Enhancement Programme 2019

Mayo Local Community Development Committee, working with Mayo County Council on behalf of the Department of Rural and Community Development invites applications for inclusion in the Community Enhancement Programme 2019.

The programme is targeted towards enhancing community facilities for individuals and communities that are impacted by disadvantage as identified in the Local Economic Community Plan. Funding is for capital projects only and projects should demonstrate added value.

The programme will offer grants under the following two categories;

Category 1 Small scale capital projects up to a maximum of €1,000

Category 2 A limited number of medium scale capital projects will be considered for funding up to a maximum of €20,000

Application forms and guidelines are available on mayococo.ie and mayo.ie or by calling the Community Engagement Section of Mayo County Council on 094 906 4397. Applicants are encouraged to read the application guidelines prior to completing the application form. Completed Applications should be returned by email to community@mayococo.ie or by post to Community Engagement, Mayo County Council, Áras on Chontae, The Mall, Castlebar, Co. Mayo.

Closing date for receipt of applications is 4pm Thursday 30th May 2019. Applications will not be considered after this date.

Mayo Sports Partnership launches 2019 Sport Investment Scheme

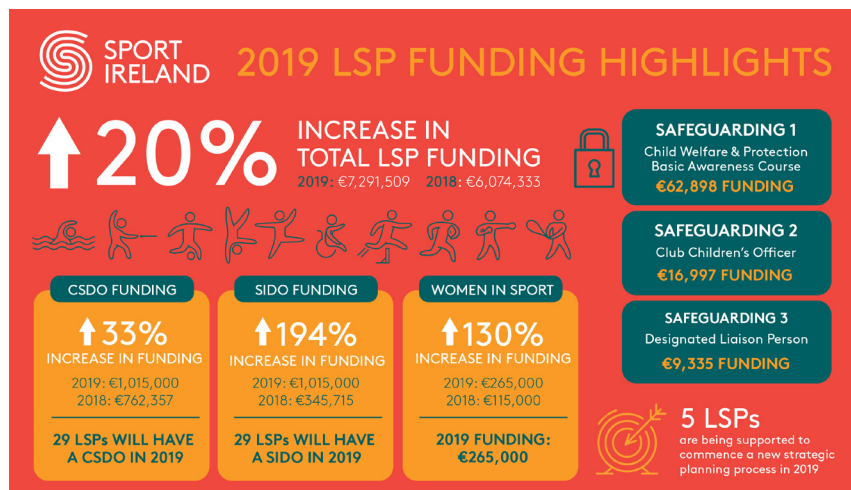
Mayo Sports Partnership is pleased to launch details of its upcoming Sports Investment Scheme for 2019. The scheme, supported by Sport Ireland, invites clubs and organizations who have sport / recreation as their central focus to submit proposals which would increase participation amongst target groups such as youth at risk, disadvantaged communities, unemployed, women, travelling community, middle aged men, disabilities and ethnic minorities. Since the scheme was established in 2005 hundreds of initiatives have been assisted in communities across Mayo.

Projects supported in 2018 have included development of a new underage basketball clubs in Westport and Charlestown, development of volleyball in Mayo, Mayo inline hockey club, a new table tennis club in Ballyhaunis, development of masters Basketball, Mothers & Others GAA programmes in Knockmore, Foxford and Crossmolina, junior golf programmes in Ballinrobe and Ballina and much more. Organisations / Groups are asked to note that any capital / building projects are not eligible for investment under the schemes criteria and clubs should refer to the governments sports capital programme, see www.dttas.ie. Other items such as ongoing costs for teams ie. travel costs, competition costs, registration fees, sponsorship etc. are also not eligible.

Closing date for applications is 4pm on Wednesday 8th May 2019, the maximum allocation to any one project can be €1,000 and this is dependent on the quality of the initiative. The Mayo Sports Partnership board will decide on all successful applications and its recommendations are final. If clubs / groups require assistance on the scheme contact the Sports Partnership office at 094 906 4360 or log on to our website at www.mayosports.ie/news to download a copy of the application form.

Sport Ireland announces €31.8 million investment in National Governing Bodies, High Performance Programmes and Athletes, and Local Sports Partnerships

Sport Ireland announced an investment of nearly €32 million in National Governing Bodies for Sport, direct athlete support and the Local Sports Partnership Network for 2019. The funding announced, which represents a significant increase on 2018, includes an investment of €12.845 million in the core activity of National Governing Bodies for Sport (NGBs), €8.46m in NGB High Performance Programmes, €820,000 in high performance funding for the Olympic Federation of Ireland and Paralympics Ireland, and €7.29 million in the work of the Local Sports Partnerships (LSPs).



MARTIN SHERIDAN BURSARY AWARDS

Congratulations to the recipients of the 2019 Martin Sheridan Sports Bursary Fund administered by the Bohola Community Council and supported by Mayo County Council. Presentations were made by Caitheoirleach Mayo County Council Cllr Blackie Gavin. Successful recipients included Iarlaith Golding (Athletics), Sarah Quinn (Athletics) and Patrick Murphy (Handball). For more information on the scheme go to <https://sites.google.com/site/martinsheridanbursary/>



What we offer schools

Mayo Sports Partnership offers a variety of programmes and information to schools in support of physical education and in particular the Active Schools Flag. Programmes include:

PRIMARY

- The Daily Mile
- Tennis Blitz Days
- Spikeball
- Playground Markings
- Introduction to Athletics in Claremorris
- Sports Equipment Library - *On Request*
- Disability Inclusion Training - *For Teachers*
- Be Active After School Activity Programme
- Community Sports Coach Placement Programme
- Annual Mini Mini 1km Run as part of Mini Marathon

- National initiatives such as Operation Transformation, Bikeweek, European Week of Sport etc

SECONDARY

- Disability Awareness
- Disability Inclusion Training - *For Teachers*
- Girls Active
- Youth Leadership Training
- 2nd year Healthy Living Workshops
- Its for Girls Challenge as part of the West of Ireland Womens Mini Marathon

Please note that some of the above programmes may not be available in every location in the county and are also dependent on National Governing Bodies of Sport involvement. If you would like further information on any of the above programmes see www.mayosports.ie or if there is or email mstp@mayococo.ie

Youth Sport Leader Course

Youth Sport Leader qualifications equip young people with employability skills for life improving motivation, self-esteem, communication, team work and confidence. Sports leadership volunteering within their communities allow young people to practice and build their skills to help them in employment and education.

Over the course of February and March 2019, Youth Sport Leader Courses were delivered in secondary schools in Ballyhaunis and Belmullet targeting Transition Year students.



Girls Active Report 2019



ST. TIERNAN'S COLLEGE

Coláiste Thiamáin Naofa

With support from Mayo Sports Partnership, St. Tiernan's College, Crossmolina took part in the Girls Active programme during 2018-19. The school was strongly assisted by members of the North West Fitness Academy who helped run the physical activity sessions.

The initiative aimed to encourage young girls who were currently inactive or were taking part in very little physical activity outside of school.

The programme ran over 10 weeks from November 2018 to April 2019. We ended the programme during our Wellbeing week (April 11th). Sessions took place once a week every Monday or Thursday during lunchtime for one hour.

Approximately 14 female students from Leaving Certificate, 5th Year and Transition year participated in the programme. 2 girls joined the classes for the last four weeks after initially being reluctant to come



'MIND URSELF' Youth Conference 2019 POSITIVE HEALTH & WELLBEING A Huge Success

The tenth annual Positive Health & Wellbeing Youth Conference 'MIND YOURSELF' took place in Mulranny Park Hotel on Tuesday and Wednesday 26th and 27th of March. Senior students from the seven schools in involved in the North and South Mayo School Completion Programmes including the following: This conference was organised by Mayo, Sligo and Leitrim Education and Training Board Youth Officer Breda Ruane, North and South Mayo School Completion Programme Co-ordinators; Sheila Feeny and Sarah Sheridan. Mind Yourself is funded by Mayo Mental Health Association, Mayo County Council, Mayo Suicide Prevention Office, Mayo North East Leader Company, Mayo sports Partnership, Girls Active Programme, South Mayo and North Mayo school Completion Programmes, Mayo, Sligo and Leitrim ETB and Supervalu in Achill.

Mayo Sports Partnership funded the Physical Activity workshop delivered by Andy Moran's gym 'The Movement' Each school also got to participate in the 'Girls Active' programme again funded through Mayo Sports Partnership. This is a grant given to the female students to promote physical activity out of school hours – either lunchtime or afterschool. Most students participate in an 8-week course of activities out of school hours decided on by the students themselves. The students then drew up a report on their experience of the 8 weeks.



- Disability Awareness
- Disability Inclusion Training – For Teachers
- Girls Active
- Youth Leadership Training
- 2nd year Healthy Living Workshops
- Its for Girls Challenge as part of the West of Ireland Womens Mini Marathon



West Mayo Community Sports Coach Training Programme

Are you unemployed, working part time, retired, previously self employed or simply just have some spare time on your hands? Do you want to obtain coaching experience in GAA, Rugby, Athletics, Soccer, Basketball and Cycling so that you can work as a coach?

Mayo Sports Partnership in association with the Sport Ireland, Dormant Accounts Board, Mayo North East Leader Partnership, Mayo County Council, Connacht GAA, Athletics Ireland, Connacht Rugby, the FAI and Basketball Ireland will deliver "a Community Sports Coach Training Programme in Westport over the coming weeks.

Course content will include a classroom based learning component including a FETAC accredited module in Occupational First Aid. It will also deliver accredited training in Child Protection in Sport- Safeguarding 1, Sport Ireland Active Leadership and Disability Awareness. A new Childrens Coaching and Physical Literacy Programme accredited by Coaching Ireland will also be included in this new phase of the initiative.

This Community Coaching programme will commence late April for 3 days a week for 10 weeks and is open to currently un/underemployed men and women who can see the potential in becoming a part time / full time coach in these sports or in developing their own business.

Places will be limited to 12 trainee coaches. For more information or an application form please contact – For more information or an application form please contact Siobhán Carroll -Webb, SICAP Education & Training Co-ordinator, Mayo North East, Lower Main St., Foxford, Co. Mayo, email: siobhancarrollwebb@mayonortheast.com or call **087 7530900**

Application forms can also be downloaded at www.mayonortheast.com or www.mayosports.ie

Applications still been taken

Safeguarding

All clubs are mandated by law to have a Safeguarding statement displayed in their clubs after completing a risk assessment. Mayo Sports Partnerships safeguarding programme targets sports leaders and adults involved in the organisation of sport for young people to promote child welfare and protection policies and procedures.

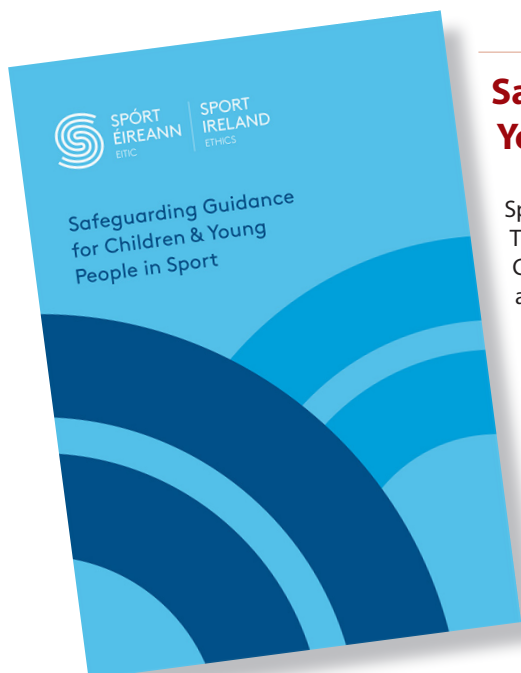
The Safeguarding programme consists of three workshops:

- **Safeguarding 1** - A 3-hour basic awareness training module for leaders within sports club
- **Safeguarding 2** - A further 3 hour club children's officer workshop to support club children's officers in the implementation of the code in their clubs.
- **Safeguarding 3** - A 3 hour workshop for designated officers in clubs who would deal in reporting to statutory authorities.

Following the Childrens First Act all clubs are legally obliged to have a Child Protection Policy for their club. All volunteers will have to be Garda Vetted and clubs should have Childrens Officers in their clubs.

Mayo Sports Partnership operates a full programme of safeguarding workshops which can be seen on the Partnerships website

www.mayosports.ie/news. To find out more about training etc you can contact the Sports Partnerships office at **094 906 4360**.



Safeguarding Guidance for Children and Young People in Sport

Sport Ireland has launched the new Safeguarding Guidance for Children and Young People in Sport. The new Guidance specifically builds on the core principles of safeguarding originally set out in the Code of Ethics and Good Practice for Children in Sport, providing alignment with current legislation and Children First Guidance 2017.

Also announced today was Sport Ireland's second online resource in the area of safeguarding. The Sport Ireland Staying Safe Online resource is a web based information and guidance tool on internet safety predominately aimed at parents, guardians, coaches and young people involved in sport. The resource provides detailed content on all aspects of online safety.

The new Safeguarding guidance for Children and Young People in Sport can be downloaded at: https://www.sportireland.ie/Participation/Code_of_Ethics/Safeguarding%20Guidance/
The Sport Ireland Staying Safe Online resource can be accessed at: <https://appsdev.ineqe.com/apps/stayingsafeonline/>

Leisure Complex @ Lough Lannagh Castlebar opens to the public Friday April 5th

After much anticipation, the new state of the art facility, The Leisure Complex @ Lough Lannagh Castlebar. The complex comprises an eight lane competitive swimming pool, toddler learning pool, gym and aerobics studios, steam room, sauna and general purpose rooms.

A comprehensive pricelist for the Leisure Complex at Lough Lannagh Castlebar has been published, including introductory offers to coincide with the fantastic facility opening to the public. The pricelist provides details on annual, 6 monthly and 3 monthly memberships. In addition the price list includes rates for customers who choose to pay as they go, or an option for those who want to swim only, by availing of a multi-visit swim ticket.

For those who have not had a chance to visit the facility, you really need to do so.

Lough Lannagh Adventure Sports Hub

The aim of this initiative is to promote the use of natural spaces in Castlebar for adventure and recreational use across communities.

The formation of an adventure hub seeks to redress this shortcoming by providing an opportunity for the diverse organisations to meet, network and co-ordinate their efforts to promote the use of outdoor facilities in the town and to provide opportunities for increased participation among the community. The hub seeks to provide a more co-ordinated approach to previous and existing initiatives that have been underway to ensure a more sustainable programme of use and activities will be available in the future.

The participants in this initiative will be Grainne Mhaol Dragon Boat crew, GMIT Clubs & Societies, Mayo Sports Partnership, Castlebar Kayak Club, Youth Action Castlebar, GMIT's Outdoor Education Programme, GMIT's Social Care programme, Local schools including: St. Josephs, Davitt College, St. Patricks National School, St Gerald's College, Youth groups -Feroige, No Name Club, Traveller Youth Project, North Mayo Youth Project Girl Guides and Scouts, Mayo Intercultural Action as well as Mayo County Council and any other partner who seeks to come on board.

At an initial meeting interested parties expressed an openness to commit resources to try and work in a more coherent manner to promote activity and opportunities for residents and others in the community to participate in outdoor activities. The main activities identified were: Kayaking, Orienteering, Dragon Boating, angling rock climbing.



Women in Sport Policy Launched

Sport Ireland recently launched its new Women in Sport Policy and confirmed former Irish international rugby player Lynne Cantwell as the Chair of Sport Ireland's new Women in Sport Committee.

Coaching & Officiating, Active Participation, Leadership & Governance and Visibility are the four key target areas that will be addressed by the new Women in Sport Policy.

To activate the Women in Sport Policy, Sport Ireland is re-launching the Women in Sport funding programme for National Governing Bodies and Local Sports Partnerships. In line with the increase announced following Budget 2019, the Women in Sport fund will increase to €2 million annually, which will be committed to both funding for organisations as part of a competitive-bid process and Sport Ireland programmes at a national level.

To download a copy of the policy go to https://www.sportireland.ie/Media/Latest_News/

Making Sport Better Seminar

Mayo Sports Partnership is delighted to support Castlebar Swimming Club in bringing international sports educator and innovator Wayne Goldsmith to Castlebar. Wayne will deliver a 3 hour seminar titled "Making Sport Better" as part of his tour of the UK and Ireland 2019 on Sunday May 5th 2019. The seminar will take place at the new Leisure Complex at Lough Lannagh 4pm – 7pm and places are limited to 40 attendees. This seminar should appeal to coaches, parents, teachers, volunteers or anyone who is involved in any sport. To book your place contact Maria 085 7878561.

The Sport Experience
Making Sport Better

Castlebar Swimming Club
Presents
WAYNE GOLDSMITH
May 5th 2019
Leisure Centre at Lough Lannagh

4:00-5:00pm The Sport Experience—Making Sport Better—Coaches and Coaching—The key factors in Sport
5:15-6:15pm Sporting Parents—The Critical Element of Sporting Success Stories
6:15-7:00pm The Future of Sport—Enjoyment, Engagement, Entertainment, Fun, Families and Friendships

Wayne Goldsmith— he has inspired and transformed the coaching, thinking and teaching of some of the world's most sought after coaches and teams—one of the world's most sought after coaching consultants— his unique 'whole of sport' background having worked across every level and sport of sport around the world, gives him insight, to see the real issues in sport today, for more see www.wycoaching.com

Booking essential as places are limited: www.sportireland.ie/leisure
Select: Events Select: Wayne Goldsmith
Individual Price €20
Club Discount available for 2+ attendees €100 (up to max 8 number attending to be confirmed by May 1st)
For more information call the contact Maria on 0857878561

COLM COSGRAVE CARS WESTPORT | MAYO.IE | THE MOVEMENT | DEELEY OPTICIANS

SPORT ÉIREANN
SPORT IRELAND

SPORT IRELAND POLICY ON
WOMEN IN SPORT

www.sportireland.ie
[@sportireland](https://twitter.com/sportireland)

IMEACHTAÍ AG TEACHT

DATE AND TIME	WORKSHOP / COURSE / EVENT	VENUE	FEE	FURTHER INFORMATION
APRIL				
Wednesday 3rd April 10.30am – 1pm	Older Peoples Sports Fest	An Sportlann Castlebar	N/A	www.mayosports.ie rmcnamara@mayococo.ie
Mon 8th April 12.30pm	Boccia County League	Breaffy Castlebar	N/A	www.mayosports.ie rmcnamara@mayococo.ie
Wednesday April 10th (7-10pm)	Childrens Officer in Sport - Safeguarding 2 Workshop (Follow on to Code of Ethics & Best Practice Awareness course)	Mayo Education Centre Castlebar	€15	www.mayosports.ie msp@mayococo.ie
Tues 16th April (7pm –10pm)	Code of Ethics and Best Practice in Sport (Safeguarding 1 Workshop)	Quay Community Centre Westport	€15	www.mayosports.ie msp@mayococo.ie
MAY				
Wed May 1st (10am – 12 Noon) & (2pm – 4pm)	Nordic Walking Workshops	Ballina & Ballyhaunis	N/A	www.mayosports.ie msp@mayococo.ie
Sun 5th May 12 Noon	10th Western People West of Ireland Women's Mini Marathon 2019	Castlebar	€20	www.mayosports.ie msp@mayococo.ie
Sun 5th May 12.10	Primary Schools Mini Mini Fun Run	Castlebar	N/A	www.mayosports.ie msp@mayococo.ie
Sun 5th May 4pm -7pm	Making Sport Better Seminar With Wayne Goldsmith	Leisure Complex at Lough Lannagh, Castlebar	€20	Maria 085 7878561
Mon 6th - Fri 10th of May	Active Schools Week	All Primary Schools in Mayo	N/A	Mayo Education Centre eolas@mayoeducationcentre.ie
Friday 10th May 5pm	Closing Date for Special Participation Grant Scheme 2019	Mayo Sports Partnership Office	N/A	www.mayosports.ie msp@mayococo.ie
Friday 10th (All Day)	Fit 4 All Open Day (Open Day for people with disabilities)	Leisure Centre @ Lough Lannagh & Westport Leisure Park	N/A	www.mayosports.ie rmcnamara@mayococo.ie
Mon 13th May	Closing Date for Bike Week Grant Scheme 2019	Mayo Sports Partnership Office	N/A	www.mayosports.ie msp@mayococo.ie
Friday 17th May 12.30pm	Boccia County League	Breaffy Castlebar	N/A	www.mayosports.ie rmcnamara@mayococo.ie
Monday 20th May (7-10pm)	Code of Ethics & Best Practice in Sport Safeguarding 1 Workshop	Mayo Education Centre Castlebar	€15	www.mayosports.ie msp@mayococo.ie
Monday 20th May (10am - 4pm)	Athletics Leader Coach Education Training Course	Westport	N/A	www.mayosports.ie msp@mayococo.ie
Tues 21st & Wed 22nd May 10am – 4,30pm both days	Coaching Children Successfully in Sport – An Introduction for Coaches	Westport	N/A	www.mayosports.ie msp@mayococo.ie
Fri 24th May 6pm – 9pm & Sat 25th May 9am -4pm	Active Leadership Training	Westport	N/A	www.mayosports.ie epieterse@mayococo.ie
25th May 11am – 2pm	Ballyhaunis Health & Wellbeing Event	Ballyhaunis Community School	N/A	www.mayosports.ie epieterse@mayococo.ie
Wed 29th May 9am – 4pm	Boccia County League	Breaffy Castlebar	N/A	www.mayosports.ie rmcnamara@mayococo.ie
JUNE				
Sat 22nd June – Sun 30th June	Bike Week	Various	N/A	www.mayosports.ie msp@mayococo.ie
Sat 22nd June	Cycling Ride Leader Training Course	Westport	N/A	www.mayosports.ie msp@mayococo.ie
TBC	Presentation of Special Participation Grants	Castlebar	N/A	www.mayosports.ie msp@mayococo.ie

Further information on courses and applications can be downloaded from our website www.mayosports.ie, before posting application, please check with office to ensure places are left on your chosen course by email msp@mayosports.ie or phone **094 906 4360**. Thank You.