

In this Issue

Community Activity

- Summer on the Beach
- Bike Week
- Social Running Programmes
- Slane Castle 5k Trail Run
- Meath County Outdoor Recreation Plan
- Swimming Programmes Kells
- Community Sports Hub Navan
- East Meath Amenity Hub

Women in Sport

- Volleyball
- Social Soccer
- Sociaball
- Badminton
- Women on Wheels
- Bike Maintenance
- HER Outdoors Week
- Women in Sport Week
- Netball
- Swimmin' Women

Training & Education

- Safeguarding 1
- Safeguarding 3
- Me & My Ball
- Sports Injuries First Aid

Youth/Teens

- Youth Social Basketball
- Leadership in Sport

Schools

- Cycle Safety
- Olympic Handball
- Table Tennis

Adult Programmes 50+

- Mature Movers
- Pickleball
- Adults 50+ Beach Day
- PAL's Training
- Pitch & Putt

Sports Ability

- Learn 2 Cycle
- Xcessible Bronze Award
- Inclusive Canoeing
- Inclusive Summer Camps
- Inclusive Family Cycle
- Inclusive Beach Activities
- Football for All

Calendar of Courses/Events



View our website
<http://www.meathsports.ie>

Summer on the Beach

Sand, Sea and Sport – Summer Fun for everyone!



Meath LSP are gearing up for an action-packed summer of beach activity with a variety of beach activity days, there is something for everyone!

What's happening?

- Teen beach sports—24th June at 1pm
- Inclusive Teen sports - 24th June
- Children's beach sports—22nd July at 11am
- Inclusive Children's sports
- Adults 50+ beach activities—2nd July at 11am

Meath LSP coaches & tutors will be joined by Sport Development Officers from the FAI, Olympic Handball Ireland, Volleyball Ireland and Leinster Rugby as well as open water swim coaches from Swim Ireland.

Types of activities include:

- Soccer
- Tag rugby
- Open water swimming
- Handball
- Cornhole
- Kite Flying
- Pétanque
- Yoga
- Volleyball
- Walk n' Wade



Registration opening 12th May!

To book or for more information register at:
<https://www.meathsports.ie/outdoors/games-on-the-beach/>

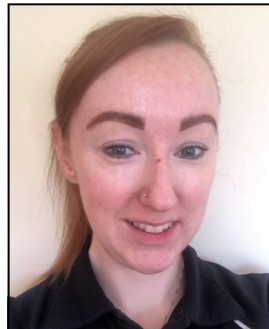
Meet the Meath LSP team



Mary Murphy
CEO



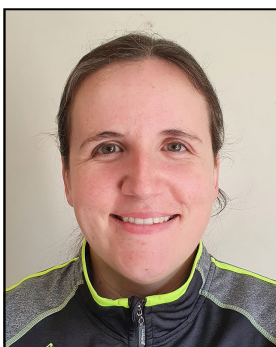
Ruairi Murphy
Programme Manager



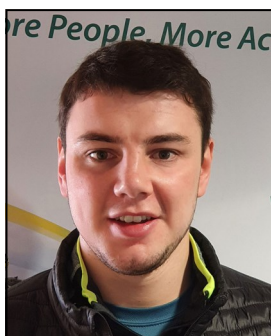
Lynn O'Reilly
Senior Administrator



Lisa O'Dowd
Sports Development Officer
*with specific focus on
Women & Schools*



Una Pearson
Club & Community
Sports
Development Officer



Terry Donegan
Sports Inclusion
Disability Officer



Paula Cunningham
Sports Development
Officer
*with specific focus on
Older People & Youth*



Ross Kenny
Outdoor Recreation
Officer



Vicky Stropute
Finance & Governance
Officer



Conor McManus
LSP Network
Communications Officer



Community Activity Programmes



Bike Week 2025 (10th-18th May)

EVENTS OPEN TO THE PUBLIC



Event Name/Details	Start Time	Participants	Meeting Point
Saturday 10th			
Family Fun Greenway Cycle – multi distance options max 20k	8.30am	Families, Adults 18+	Park Beo Walkinstown (bike rental available)
Sunday 11th			
Navan Cycling Initiative Navan Family Cycle – 12.5k distance	11am	Adults 18+, Families, children over 6 years of age (under 18s must be accompanied by an adult)	Old Cornmarket Navan
Tuesday 13th			
Bike Maintenance Workshop	7pm	Women 18+	St Paul's NS Navan
Bike Maintenance Drop off	9am	Adults and children's bikes	Dunsany GAA Club
Wednesday 14th			
Men's Shed 10k social cycle	10am	Men 50+	Park Beo Wilkinstown (bike rental available)
Bike Maintenance Drop off	9am	Adults and children's bikes	Buvinda House, Navan
Women on Wheels 4-week cycling skills workshop	7pm	Women 18+	Buvinda House, Navan
Broomfield & District - Bike Maintenance Workshop	7.30pm	Families	Starinagh, Co. Meath, A92 W283
Friday 16th			
The Why Nots – 20k Leisure Spin (reduced distance options available)	7pm	Adults 18+	Moynalty village
Saturday 17th			
Ashburners Cycling Club Cycle Spin – up to 25k (reduced distance options available)	9am	Adults 18+	Vue cinema Ashbourne retail park
Inclusive Family Cycle – max 5k distance	10am	Children with additional needs – siblings and families	Park Beo Wilkinstown (bike rental available)
Moynalty Cycling Club Youth and Womens multi distance cycle – 6k,12k,18k & 24k	2pm	Youth aged 12 -18 – Women 18 +	Moynalty Threshing Field
Royal Canal Greenway cycle – max 20k (reduced distance options available)	2pm	Adults 18+	Hill of Down, Clonard, Enfield, Co. Meath
EVENTS OPEN TO CYCLING ENTHUSIASTS			
Event Name/Details	Start Time	Participants	Meeting Point
Monday 12th			
Yellow Furze Cycle Club Annual Road cycle	9am	Adults 18+	Seneschalstown GAA Club
Thursday 15th			
Bohermeen Family fun cycle and cycle skills	7.30pm	Adults & Children (Children must be accompanied by an adult)	Bohermeen Community Centre
Sunday 18th			
Oldcastle sportive 60k or 80k road cycle	8.30am	Adults 18+	Mosonic Hall, Oldcastle

Community Activity Programmes

Social Running (0-3k & 3-5k) Programmes

The **0-3k & 3-5k Programme** is available in 5 areas across Meath.

The **0-3k (Walk to Jog)** is suitable for complete beginners and supports those to go from walking to jogging with relative ease. The structured programme is available for anyone who wants to increase their daily activity and is suitable for people of all ages (18+) and fitness levels.

The **3-5k Jog to Run** is ideal for those who would like to improve running fitness and increase their pace & distance. This programme suits those who have already completed a 0-3k or have previous running experience. Cost: €20 for 6 weeks.

- Tara AC, Ross Cross, Skryne – Monday 28th April @ 6.30pm
- Kells AC, (meeting at Fair Green, Kells) – Monday 28th April @ 7pm
- Trim AC, meeting Supermacs (Trim Retail Park) – Monday 28th April @ 7pm
- Navan AC, Claremont Stadium – Monday 28th April @ 7pm
- Cilles AC, Bettystown – Tuesday 29th April @ 7.30pm

For more information and to register please see: <https://www.meathsports.ie/women-in-sport/0-to-3k-3-5k-running-programmes/>



Community Activity Programmes

Slane Castle (5k Trail Run/Walk) fundraiser is 10 years old!

The 10th year of the popular 'Slane Castle 5km Trail Run/Walk' will take place on **Sunday 11th of May 2025** in the scenic grounds of Slane Castle, with a starting line ready for take off at 9.30am sharp.

The 5km route itself is completely within the breathtaking castle estate and includes the scenic forest trail along the River Boyne.

This is a real opportunity for everyone regardless of ability or fitness level to experience the magnificent surrounds of Slane Castle.

The event, now in its tenth year is organised by The Parents' Association of St. Patrick's National School, Slane, and supported by Meath Local Sports Partnership, Slane Castle and the Civil Defence.

The fun community day has become the much anticipated annual fundraiser with all proceeds going towards the development of the outdoor learning spaces at Slane National School.

There are t-shirts for the first 200 adults (on the day) and the first 200 U16's. We also have finishing medals for the first 400

over the line! After race refreshments and home baked goods will be available free of charge to all who support the event.

Race-goers can also avail of parking on the grounds of the castle. Please note that pets are not permitted in the grounds of Slane Castle and we ask you to please respect this.

Early bird online registration is €20 for Adults, €10 for Secondary School aged children and €5 for Primary School aged children.

Interested participants can also check out the Slane Castle 5km Trail Run/Walk face book page <https://www.facebook.com/slanecastle5ktrailrun>

Register at: <https://eventmaster.ie/event/DxbesmAcJr>



Community Activity Programmes

Public Consultation for the Meath County Outdoor Recreation Plan February 2025

As part of the Meath County Outdoor Recreation Plan development, the County Outdoor Recreation Project Team recently held several public consultations both in person and online facilitated by Outscape. The in-person consultations were held in Ashbourne on Feb 11th and Navan on Feb 12th in a workshop format with a short presentation given to introduce the project and to inform about:

- Project scope
- Process, including the formation of the County Outdoor Recreation Committee and Stakeholder Forum
- Online survey
- Each table created their own notes and appointed a speaker



Feedback focused on three key questions:

- ⇒ What is good about Outdoor Recreation in Meath?
- ⇒ What is not so good about Outdoor Recreation in Meath?
- ⇒ What opportunities are there to improve Outdoor Recreation in Meath?

Over 90 people attended the in-person sessions with lots of discussion, passion and ideas about the outdoors in County Meath.

The online survey was live for two weeks and had 691 responses adding to the body of information to build into the plan.

"Promotion of and maximizing our natural environment and protection of plant and animal species including birds and insects."

"More parks, more woods, more access for any form of outdoor exercise in an area without cars"

"Utilise local knowledge, ideas and expertise"

Outdoor recreation that can be enjoyed and participated in by people of all levels of ability"

Community Activity Programmes

Swimming Pool Programmes – Kells

Meath LSP in partnership with Swim Ireland are rolling out a series of swimming programmes for women, men and adults with additional needs in Kells Swimming pool.



PRO-GRAMME	AGE	DATES	DURA-TION	COST	TIME	REGISTER
Swimmin Women	Midlife Women	Monday 12th, 19th, 26th May & 9th, 16th June	5 Weeks	€25	1-1:45pm	HERE
Youth Swim	Young people 13-17 years (non-exam years)	Thursday 29 th May, 5 th , 12 th , 19 th June	4 weeks	€20	1-1:45pm	upearson@meathcoco.ie
Adults 50+ mixed	Adults 50+	1st, 8th, 15th, 22nd May	4 Weeks	€20	1-1:45pm	HERE



Community Activity Programmes

Community Sports Hub Navan

Our aim is to get the local community of Navan more active, more often!



The Community Sports Hub Navan provides a wide range of sport & physical activities for all ages & abilities in the Windtown, Johnstown and Claremont areas of Navan.

In Quarter 1 of 2025 over 400 participants took part in programmes such as: Active Women, Multi-Sport activities, Midterm Multi-Sport Camps, Fit Dance, Olympic Handball, Basketball, Tag Rugby, and much more.

443 Participants
20 partner agencies
14 programmes
8 coaches
3 areas

Check out our Facebook page – [Community Sports Hub Navan](#) for opportunities to get involved in sport and physical activity or take a look at our 'What's On' list of programmes. **If you would like more information on Community Sports Hub Navan, please contact Una Pearson on 046-9067887 or email upearson@meathcoco.ie**





Community Activity Programmes



Community Sports Hub Navan

All programmes are **FREE**6 Week Community Activity Programmes **APRIL - JUNE 2025**

Programme	Description	Time	Venue	Age	Dates	Register
MONDAY						
Run, Jump, Throw	The Run Jump Throw programme ran over 6 weeks is aimed at children with additional needs aged 5-12 years. The sessions will include a variety of Sports, Fun Games and Obstacle Challenges all adapted to the participants needs.	<u>4-5pm</u>	<u>Scoil Na-omh Eoin</u>	<u>5-12 years</u>	Monday 28 th April – 16 th June	<u>upearson@meathcco.ie</u>
Olympic Handball	Come + Try Olympic handball	<u>3:30-4:15pm</u> <u>4:15-5pm</u>	<u>St. Stephens</u>	<u>6-9 yrs</u> <u>9-12 yrs</u>	Monday 28 th April – 16 th June (none on 5 th May & 2 nd June – bank holidays)	<u>https://bit.ly/3RD6KEd</u>
WEDNESDAY						
Basketball	Fun Basketball sessions for children and young people	<u>4-5pm</u> <u>5-6pm</u> <u>6-7pm</u>	<u>St. Paul's NS</u>	<u>6-9yrs</u> <u>9-12yrs</u> <u>12-15yrs</u>	Wednesday 30 th April – 4 th June	<u>https://bit.ly/4j21Blg</u>
Active Women	Exercise based activity for women, a mixture of circuits and different exercises along with some light walking and jogging	<u>7-8pm</u>	<u>St. Paul's NS</u>	<u>Over 18 yrs</u>	Wednesday 30 th April – 4 th June	<u>https://bit.ly/42mnGno</u>
THURSDAY						
GAA on the Greens	Come and try fun GAA/ LGFA Sessions	<u>4-5pm</u> <u>5-6pm</u>	<u>Unity Centre Green</u>	<u>6-12 yrs</u>	Thursday 15 th May – 19 th June	<u>https://bit.ly/42zX8jU</u>

Register at: <https://www.meathsports.ie/community-sports-hub-navan/>. Please note, your child does not have to attend the school to attend a programme there. For further information please contact Paul at

cshfacilitatornavan@gmail.com or call 0469067887



Community Activity Programmes



Multi-Sport Summer Camps

Would you like your child to take part in fun multi-sport camps throughout the summer?



Check out the details below where children aged 5-12 can be active and take part in a variety of sports and activities. Pre-registration is mandatory, registration links are provided.

Multi-Sport Summer Camp			
Date	Time	Venue	Age Group
Tuesday 22nd Wednesday 23rd & Thursday 24th July	10am–1pm each day	Blackwater Park, Navan Outdoor space only	5-12 years only
Activities: A variety of different sports e.g., Soccer, Tag Rugby, Basketball, Badminton, GAA and a variety of fun games, obstacle courses, relays etc.			
Mini Olympics Summer Camp			
Date	Time	Venue	Age Group
Tuesday 5 th , Wednesday 6 th & Thursday 7 th August	12pm – 3pm Each day	Claremont Stadium Navan, Hall Outdoor space will be used weather permitting	5-12 years only
Activities: A variety of different Olympic athletics sports: Ball throw, Javelin, Relay Races, Vertical Jump, Long Jump and some fun games.			

Both camps are free!

***Participation in the Summer Camps is restricted to children from Navan town.**

Register: <https://www.meathsports.ie/community-sports-hub-navan/>



Community Activity Programmes

EAST MEATH AMENITY HUB (MAY-JULY)

PROGRAMME	AGE	VENUE	DATES	DURATION	TIME	REGISTER
Swim Safe event	All	Bettystown Beach	Saturday 14 th June	1 day	TBC	upear-son@meathcoco.ie
Beach Tag Rugby	8-12 years, 13-17 years, 18+	Bettystown Beach	June & August	6 weeks	5:30-6:30pm	upear-son@meathcoco.ie
Open Water Swimming	6-12 years, 13-17 years, 18+	Bettystown Beach	Mon, Tues, Wed & Saturday in July & August	6 sessions	Weekday evenings and weekend mornings	HERE
Learn 2 Cycle (for children with additional needs)	6-12 years	Colaiste Na hInse	26 th June – 31 st July	6 weeks	4:30-5:30pm	tdonegan@meathcoco.ie
0-3k & 3-5k	Adults 18+	Cilles AC, Bettystown	Tuesday 29 th April	6 weeks	7:30-8:30pm	HERE
Chair Yoga	Adults 50+	St. Colmcille's GAA Piltown	Monday mornings	6 Weeks	12-1pm	pcunningham@meathcoco.ie
Volleyball for Women	Adults 18+	Gormans-town Park Sports Centre	Tuesday 6 th – 27 th May	4 weeks	11am – 12pm	HERE
Pétanque on the beach	Adults 50+	Bettystown Beach	Wednesday mornings	6 weeks	11am – 12pm	pcunningham@meathcoco.ie
Discover Pitch & Putt	Adults 50+	Laytown Pitch & Putt club	Monday 19 th May - 16 th June	4 weeks	10-11am	pcunningham@meathcoco.ie

Women in Sport

Volleyball for Women

Come & Try Volleyball for Women 18+ taking place in **Gormanston Sports Centre** for 4-weeks starting **Tuesday 6th May at 7pm.**

Led by a fully qualified coach, this easy to learn introduction to volleyball is fun, active and a great way to meet new people while keeping fit. Suitable for beginners and improvers.



For more details and to register: <https://www.meathsports.ie/hockey-for-women-18/>

Women's Social Soccer is back!

Starting off once again in April 2025 this social soccer programme is ideally suited to women 16+ from beginners to improvers. The initial programme will begin with a 6-week Come & Try Social Soccer and will be suitable for complete beginners, improvers and those returning to soccer after a long period.



The programme commenced in 6 clubs across Meath:

- Torro United FC, Kilberry – Thursday 17th April from 7-8pm (Torro Utd grounds)
- Kentstown Rovers FC– Wednesday 16th April from 8-9pm (MDL Pitch 7)
- Rossin Rovers Slane – Thursday 10th April from 7-8pm (Rossin grounds)
- Parkvilla FC Navan – Thursday 17th April from 8-9pm (MDL Pitch 7)
- Ashbourne Utd – Saturday 26th April from 5-6pm (Ashbourne Utd grounds)
- Longwood AFC – Friday 18th April from 7.30pm – 8.30pm (Brackrainey Pitch)

Newcomers welcome throughout the 6 week programme. **Register at:** <https://www.meathsports.ie/social-soccer-for-women-girls-16/>



Women in Sport

SociaBall for Women Kells

Come and Try Social Basketball for Women starting in **Kells on Tuesday 29th April at 7pm in Eureka School**. Learn basketball skills in a fun and social setting, without the pressure of competition. No previous experience required, suitable for all fitness levels.

This is an ideal opportunity to try a new sport or revisit a sport that you previously enjoyed. Cost €20 for 6 weeks.

Come along anytime during the 6 week programme!

For more information and to register: <https://www.meathsports.ie/women-in-sport/socia-ball/>



Badminton in Summerhill

Badminton for Juveniles and Adults is taking place on Tuesdays in Summerhill Community Centre. Badminton is a great sport and an ideal way to gain fitness and play socially. Programme is led by qualified Badminton Ireland coaches and is suitable to complete beginner and improvers. Places are limited so early booking is advised.

Juveniles: Tuesdays @ 6pm

Adults: Wednesdays @ 7pm

Cost: €5 each night

Registration: <https://www.meathsports.ie/badminton-for-women-18/>



Women in Sport

Women on Wheels

Women on Wheels is a programme aimed at women of all ages 18+ who would like to improve their biking skills and techniques.

The 4-week programme includes Bike Maintenance, Bike Safety, Bike Handling Skills and learning to cycle as part of a group.



There will also be weekly bike short spins between 5-10k + to increase stamina and bike fitness.

Start Date: Wednesday 7th May for 4 weeks

Time: 7pm

Location: Buvinda House, Johnstown, Navan

Cost: €20 (includes puncture repair kit)

Registration: <https://www.meathsports.ie/women-on-wheels/>

Bike Maintenance Workshop

There is nothing more annoying than discovering there's something wrong with your bike halfway into a ride.

Meath LSP and delighted once again to offer a Bike Maintenance workshop for Women, this simple M Check Bike Maintenance Workshop could save you time and money.

The M check is a **basic safety check of all the main working parts of a bike, moving**

from the front hub back. It's quick to do and will ensure you don't get caught out by a loose bearing, dodgy spoke or slow puncture when you're mid-cycle. The workshop concentrates on gears (front & back), brakes, tyres, puncture repair, headset and cranks.



Date: Tuesday 13th May at 7pm

Location: St. Pauls NS, Abbeylands, Navan

Cost: €5 includes a puncture repair kit

Registration: <https://www.meathsports.ie/women-in-sport/bike-maintenance-for-women/>

Women in Sport

Her Outdoors 2025

11th – 17th August

HER Outdoors week aims to celebrate and encourage more females to get out and enjoy the benefits of being in the outdoors while bringing visibility to the opportunities for females to get involved in outdoor physical activity.

This week is all about providing more opportunities for ALL females to escape to the outdoors and try something new. For such a tiny island, there are so many incredible outdoor activities on offer and this should be celebrated to the fullest!

Meath LSP are hosting a variety of events for girls and women of all ages – come and try something new and see the opportunities that are available in the great outdoors!

More information coming soon!



Swimmin Women

Meath LSP and Swim Ireland are collaborating to bring a 5-week swim programme for women in Kells Swimming Pool. This one hour programme each week includes swim lessons – ideal for beginners or improvers.



The programme provides women with a fun opportunity to experience the benefits of the water and understand how aquatic activities that can support you throughout your life cycle.

Start Date: 12th May at 1pm (for 5 weeks)

Location: Kells Swimming Pool

Registration link: <https://eventmaster.ie/event/r0rqCPmS9y>



Women in Sport

Women in Sport Week Highlights

A massive well done to all 365 girls, teens and women taking part in our 16 Women in Sport Week events in March.

Activities spanned from Womens Wellness Event, to Girls Handball to a Social Cycle on the Greenway to an inclusive activity event for women with disabilities.

We had girls from 8yrs to women of 75 yrs taking part in a wide variety of activities that took place across the entire county. It was fantastic to see so many taking part.

The aim of the week-long programme is to introduce a wide variety of inclusive activities specifically for women and girls and highlight the benefits of keeping active.

All programmes focussed on inclusion and diversity ensuing programmes suited women and girls of all ages, abilities and fitness levels.

Highlights were:

- ◇ **Events:** 16
- ◇ **Participants:** 365
- ◇ **Locations:** 15
- ◇ **Partnerships:** 20



Netball for Women & Girls

Following the highly successful Social Netball for Women initiated in 2021, **Boyne Netball Club** continue to flourish and once again start their new season in Drogheda Grammar School from 7pm – 8pm.

Netball is an energetic game which involves speed, agility and stamina and a great way to keep fit and be part of a team. Boyne Netball is open to all ladies from 12+, no prior experience is necessary just an interest to learn the skills and get involved in a social team sport.



Taking place in **Drogheda Grammar School on Mondays @ 7pm**

To register contact: BoyneNetball@gmail.com



Training & Education

Safeguarding 1 Basic Awareness in Child Protection Workshop

20th May OR 5th June | 6.30pm-9.30pm | Zoom

This course looks at best practice for all regarding child protection, with clubs now being asked to utilise and implement the relevant NGB Code of Ethics. The course maintains an essential component of coach education for all who are involved in coaching children.

The workshop will highlight the main principles of the Code and look at measures that clubs can take to create and maintain the safest possible environment for sport for young people. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport.

It is recommended that you renew your Safeguarding certificate every 3 years for good practice. Participants attending this workshop must be over 18 years of age. The cost is €25pp for clubs in Meath and €40pp for clubs outside of Meath. A good internet connection is required for this course.

→ For more dates, please see calendar of courses on the last page.

To book, please email Lynn at loreilly@meathcoco.ie or call 046-9067887.

Safeguarding 3 Designated Liaison Person (DLP) Workshop

15th May | 6.30pm-9.30pm | Online via Zoom

The third part of the Sport Ireland Child Welfare & Protection Training Programme is the **Designated Liaison Person workshop**. Every club/organisation should designate a person to be responsible for dealing with any concerns about the protection of children.

The *Designated Liaison Person* is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI. The organisation's child protection policy and procedures should include the name and contact details of the *Designated Liaison Person* and the responsibilities attached to the role.

A person appointed to the *Designated Liaison Person* position in a club must have Safeguarding 1 and should complete the **NEW Designated Liaison Person 3 hour workshop**. A club may appoint the same person to both the CCO and DLP positions, however best practice advises that they are kept as separate roles.

The cost of this workshop is €25pp for clubs in Meath and €40pp for clubs outside of Meath. A good internet connection is required for this course. To book, please email Lynn at loreilly@meathcoco.ie or call 046-9067887.

Training & Education



'Me and My Ball'

The FAI are providing a Coach Development Programme specifically for women to encourage and increase the number of women in Meath taking on leadership roles in soccer.

The FAI are hosting their first "Me & My Ball" Coaching Course in Meath on **Tuesday 13th May at 7pm in MDL grounds, Navan.**

'Me and my Ball' Development course replaces the older KickStart/PDP1.

The course is for coaches of 5-7 year olds and is the first step to becoming a qualified soccer coach.

The main focus of the course for the age group is safe, fun, joy, variety and belonging. The main objective for volunteers is to create a safe, fun, playful environment .



If you are interested in gaining this certified qualification please see the following registration link.

<https://faiconnect.ie/mycomet/private/seminars/33720468>

Sports Injuries First Aid

14th May | 6.30pm-10pm | MDL, Trim Road, Navan

The course is aimed at coaches, mentors, teachers, supervisors, players, athletes and volunteers and anyone wishing to be able to deal with minor sports injuries.

Participants will learn practical skills so that they can deal competently with situations that may arise. All participants receive a certificate of attendance.

Cost is €35pp for clubs in Meath or €40 for clubs outside of Meath.



Course Content

- | | |
|-----------------------|---|
| • Scene Management | • Fractures |
| • Bleeding and Wounds | • Sprains & Strains |
| • Treatment for Shock | • Unconsciousness & the Recovery Position |
| • Heart Conditions | • CPR Demonstration |

To book, please email Lynn at loreilly@meathcoco.ie or call 046-9067887.

Youth/Teens

Youth Social Basketball

Youth Social Basketball returns to Kells!

Social basketball is open to young people aged 10-16, No experience necessary.

Come along and try basketball in a non-competitive environment! Focus is on fun and participation.



◇ **Starting in Eureka Secondary School Kells on Tuesday 6th May at 7-8pm.**

Cost €10 for 6 weeks.

To book your place register at <https://eventmaster.ie/event/JxqmCpvHRk> or contact Paula on 0469067887 or email pcunningham@meathcoco.ie

Leadership in Sport

Meath LSP are reaching out to sports clubs in Meath who would be interested in hosting our exciting **Leadership in Sport** training programme this summer.

This programme is designed for young people aged **15 and up** and runs over **three days**—making it a great option for clubs during the summer break. We require a minimum of **12 participants** to run the course.

This initiative focuses on developing key leadership skills, including:

- Planning and evaluation
- Teamwork and problem-solving
- Diversity and inclusion

It also includes a **sport-specific module**, where participants gain



hands-on experience in coaching, planning, and delivering a **6-week recreational sports programme** for younger athletes in their club.

Upon completion, participants will receive a **Leadership in Sport Certificate** and a **Sport Specific Certificate**—making this programme an ideal first step for those interested in coaching, volunteering, or even a future career in sport.

If your club is interested in this programme please contact **Paula Cunningham** on 046 9067887 or email pcunningham@meathcoco.ie

Schools Section

Cycle Safety

Cycle safety in Primary Schools delivered by **CYCLE RIGHT**.



The Cycle Right programme has been implemented within primary schools nationwide. The goal of **CYCLE RIGHT** is to provide the national standard of cycle safety and skills training to all participants.

CYCLE RIGHT, offers

- Best-practice in cycle training, derived specifically for our unique environment
- Quality of delivery and an on-going quality assurance system to ensure consistency
- Guaranteed ratio of qualified, registered trainers to work with your groups
- A goal of on-road training as a core part of the programme
- Resources for schools, teachers and parents/guardians to facilitate follow up and support to training

In Meath, we are delighted to continue our partnership with the team in the Cycle Safety School. If you require further information, please **contact Barbara Connolly**.



38 Schools
All 6 areas
of Meath

1,958
participants

973 boys
985 girls
3rd – 5th class

Schools Section

Olympic Handball

Meath LSP in partnership with Olympic Handball Ireland facilitate a Schools Olympic Handball competition.



The competition is open to both primary and secondary schools and begins with group leagues in September each year. From the initial group stage school teams can then qualify to County, Provincial and National finals.

The 2024-2025 Olympic Handball Competition saw 18 schools registering for the competition with 14 schools qualifying to the county finals, 6 schools qualifying to the Leinster finals and 4 schools qualifying to the All-Ireland Finals.



The All-Ireland Finals were held in Gormanston Park on Wednesday 9th April where St. Paul's NS Ratoath boys team won their competition to become All-Ireland Champions. Girls' teams from both St. Paul's NS Ratoath and also Drogheda Educate Together coming in second place in their respective finals.

For more information contact Lisa O Dowd at Lodowd@meathcoco.ie

Schools Table Tennis Programme

Meath LSP were delighted to collaborate with Table Tennis Ireland to introduce Table Tennis to Primary Schools in Ballivor and Kildalkey. Jing Yi Graham from Table Tennis Ireland facilitated the 4-hour Come & Try Taster session in Kildalkey NS and St. Columbanus, Ballivor and were assisted by coaches from local club Kildalkey Table Tennis Club.



Over 4 hours, 183 students learned how to play Table Tennis and experienced how much fun the sport is as well as the numerous benefits which include: Improved hand-eye coordination, reflexes, balance while also enhancing concentration and cognitive function making it a great activity for children of all ages.

For more details about this programme please contact Lisa at lodowd@meathcoco.ie



Adult Programmes 50+

Mature Movers

This 6-week programme includes activities such as seated exercise to music, resistance exercises, core stability, balance and fall prevention. Mature Movers is ideally suited to adults 50+ and provides enjoyable social interaction, fun and activities.

The class will continue for a Summer programme in the following areas, Kells, Ashbourne and Ratoath. Cost €30 per 6-week block (**subject to €2.10 booking fee**).

*Please be advised that pre booking is essential.

Venue	Start	Time
Eureka House Kells	Monday 19 th May	11:30am
Eureka House Kells	Wednesday 21 st May	11:30pm
Donaghmore Ashbourne GAA	Wednesday 21 st May	2pm
The Venue Ratoath	Thursday 15 th May	10:30am



To book contact Paula at pcunningham@meathcoco.ie or call 0469067887.



Adult Programmes 50+

Pickleball Meath

Pickleball is a paddle racquet sport very similar to a social form of adapted tennis. It is played with a light plastic ball, a lower height net, on courts similar in size to a badminton court. It is a fun, easy to play activity, which encourages movement and combines elements from tennis, badminton & table tennis. Pickleball can be played in singles or doubles format by Adults 18+ and all skill abilities.

Meath LSP have linked with a number of community organisations in helping form Pickleball groups throughout the county.

Area	Day	Time	Location
Navan	Thursdays	8pm	Claremont Stadium
Athboy	Mondays & Saturdays	10:30am	Athboy Convent Community Centre
	Wednesday	7pm	
Kells	Wednesdays	8pm	Eureka School
Bettystown	Wednesdays	8pm	Colaiste na hÍnse
Ratoath	Tuesdays	11:30am	The Venue Ratoath
Dunshaughlin	Thursdays	6pm	Dunshaughlin Community Centre
Ashbourne	Mondays	6:30pm	Ashbourne Community School

For more information please contact Terry on tdonegan@meathcoco.ie or call 0469067887.



Adult Programmes 50+

Adults 50+ Beach Activity Day

Wednesday 2nd July, 11am – 1pm, Bettystown Beach

Join us on Bettystown beach this July for a morning of fun and activity tailored for Adults 50+.

Take part in game-based activities such as Pétanque, cornhole and relive your youth with Olympic handball, beach volleyball and walking Rugby and soccer.

Cool down with some relaxing beach yoga or get your feet wet with a guided walk n wade. There is something for everyone on this fun filled day.

Cost €5. Registration is essential.

To book contact Paula on 0469067887 or email pcunningham@meathcoco.ie



Pétanque

Pétanque is a popular game of outdoor boules. Adaptable for majority of outdoor surfaces it is the perfect fun outdoor activity for summer. Come and try for yourself, trial events happening this summer in the following areas

Oldcastle – Show ground - Tuesday 3rd June

Dunboyne – Library – Castle view estate –
Wednesday 28th May

Kells – Fair Green – Thursday 5th June

Trim - Mornington Heights – FRC – Thursday 22nd May



Weekly groups meet in Navan and Bettystown, new members are always welcome. (groups meet on a weather dependent basis)

Navan – Tuesday 11am – Blackwater Park

Bettystown – Wednesday 11am – meeting point, new Library

Contact Paula on 0469067887 or email pcunningham@meathcoco.ie if you are interested In any of the Pétanque events.

Adult Programmes 50+

Congratulations to our newly trained PALs (Physical Activity Leaders)

The group volunteered their time to complete this 6-week training programme. Members from 5 active retirement groups, in addition to individuals interested in becoming a PAL, took part in the programme and were trained to deliver exercise routines, fun games and social sports to their groups and communities.



Discover Pitch and Putt!

A fun 4-week introduction programme for Adults 50+

Ready to swing into something new this summer?

Join our 4-week introduction to Pitch and Putt programme specifically for Adults 50+.

Learn the basic skills of this fun, low impact game in a relaxed and friendly environment. No experience needed.

What's included?

- Small group coaching
- Equipment provided
- Opportunity to join the club following the programme



Date: Monday 19th May

Venue: Laytown Pitch and Putt Club

Cost: €20

To book your place contact Paula on 0469067887 or email pcunningham@meathcoco.ie

Sports Ability Programmes

Learn 2 Cycle

Learn 2 Cycle aims to assist children with a disability to cycle independently. This programme which is held over 6 weeks outdoors focuses on empowering parents and giving them the tools to support their child in learning to cycle.

Participants will be guided by our experienced tutor from the Cycling Safety School.

Learn 2 Cycle Navan

Date: Thursdays May 15th – June 19th

Time: 4:30pm-5:30pm

Duration: 6 weeks

Venue: Claremont Stadium

Cost: €15

Learn 2 Cycle Bettystown

Date: Thursdays June 26th – 31st

Time: 4:30pm-5:30pm

Duration: 6 weeks

Venue: Colaiste na hÍnse

Cost: €15



To book a place, please contact Terry on 046-9067887 or email tdonegan@meathcoco.ie

Meath Local Sports Partnership achieves Xcessible Bronze Award!

Meath Local Sports partnership recently attended the Active Disability Ireland Xcessible Awards ceremony in recognition of achieving the Xcessible Bronze Award.

Xcessible is three staged resourced pathway designed to assist NGB or LSP in the area of Inclusion and supports them through the process of developing and increasing their capacity to support people with disabilities within sport and physical activity.

Meath LSP looks forward to linking with Active Disability Ireland in 2025 in working towards the Silver Award.



Xcessible

Terry Donegan (SIDO) & Cllr Gerry O'Connor
(Chairperson, Meath LSP)

Sports Ability Programmes

Inclusive Canoeing Ribbontail Paddlers Canoe Club

Meath LSP will link with Ribbontail Paddlers Canoe club in longwood to hold an Inclusive Canoeing session aimed at children with additional needs and their families.

The session aims to give children an opportunity to gain confidence on the water with the help of the clubs experienced coaches. Places are limited for this session!

Date: Thursday July 17th

Time: 6:30pm-8pm

Venue: Ribbontail Paddlers Canoe Club Longwood

For more information please contact Sports Inclusion Disability Officer Terry Donegan on 046-9067887 or email tdonegan@meathcoco.ie



Inclusive Summer Camps

Inclusive Multi-Sport Summer Camps suitable for children with Additional Needs. The camps will take place outdoors over two days and will see a variety of sports and activities take place including GAA, Soccer, Badminton, Hockey & Basketball. We encourage participants' siblings to join in the activities also. All parents will be asked to remain for the duration of each day.

Camp 1: Age 5-12 Years

Date: Tuesday July 29th –Wednesday July 30th

Time: 11am- 1pm

Venue: MDL Grounds Navan

Cost: €10 per family

Camp 2: Age 13-17 Years

Date: Tuesday August 12th – Wednesday August 13th

Time: 11am- 1pm

Venue: Meath & District League Grounds Navan

Cost: €10 per family



To book a place, please contact Terry on 046-9067887 or email tdonegan@meathcoco.ie

Sports Ability Programmes

Inclusive Family Cycle

Inclusive Family cycle at Park Beo, Greenway Wilkinstown Navan. The cycle is aimed at children age 5- 17 years with additional needs and their families giving them the opportunity to experience a stretch of the greenway lead by an experienced cycle tutor. The maximum distance of the cycle will be 5km. Bike & Helmet hire is available at the venue.

Date: Saturday May 17th

Time: 10am-11am

Venue: Park Beo, Greenway Hub, Wilkinstown, Navan, Meath.

To register please contact Terry on 0469067887 or email tdonegan@meathcoco.ie



Summer on the Beach – Inclusive Activities

Meath LSP will be joined by the FAI, Olympic Handball Ireland, Volleyball Ireland and Leinster Rugby as well as open water swim coaches from Swim Ireland and some of our fantastic Meath LSP coaches and tutors.

Meath LSP have a number of inclusive events for children and adults with a disability as part of Summer on the beach.

- Inclusive Teen Sports - 24th June at 1pm
- Inclusive Children's Sports- 22nd July at 11am
- Inclusive Adults Beach Activities—2nd July at 11am



Pre – registration is required please contact Sports Inclusion Disability Officer Terry on 0469067887 or email tdonegan@meathcoco.ie

Sports Ability Programmes

Football for All Meath

The Football for All programme aim is to deliver football opportunities to people who may not ordinarily get a chance to play the game. The Football for All programme is made up of players from all groups and sporting bodies that cater for people with a disability who want to play football.



Meath Currently has 6 Football for All clubs established in the county. Meath Local Sports Partnership and the FAI Development Officer in Meath have worked closely in supporting these 6 clubs.

Club	Contact	Description
East Meath United	Janet - 0851289477	Children with additional needs aged 6- 16 years.
Balrath FC	Keith - 0876875720	Children with additional needs aged 6- 16 years.
Enfield Celtic	Ger- cwoenfieldcelticfc@gmail.com	Children with additional needs aged 5- 12 years.
Castle Villa AFC	Gary - 0879616836	Children with additional needs aged 6- 16 years.
Bohermeen Celtic	Aoife- childwelfare@bohermeenceltic.com	Children with additional needs aged 6- 16 years.
Donacarney Celtic	Brian - 0863837061	Children with a Visual Impairment aged 6-16 years.

Disability Inclusion Support

Meath LSP would like to hear from anyone interested in linking with our Sports Inclusion Disability Officer Terry Donegan on ways in which we can support you in any area of Disability Inclusion!

Sports Inclusion Disability Officer (SIDO) works to increase the participation of people with disabilities in sport, fitness and physical activity throughout County Meath. This is achieved through working in partnership with statutory agencies, sports clubs, community groups, facility providers, schools, disability service providers and people with disabilities.

Inclusive Clubs



Participation Opportunities



Inclusive Training



Contact Terry Donegan by phone 046-9067887 or by email tdonegan@meathcoco.ie



Calendar of Courses and Events 2025

Activity	Date	Time	Venue
Safeguarding 1 Basic Awareness in Child Protection Workshop	7th May	6.30pm-9.30pm	Zoom
Sports Injuries First Aid Workshop	14th May	6.30pm-10pm	MDL, Navan
Safeguarding 3 Designated Liaison Person (DLP) Workshop	15th May	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	20th May	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Workshop	29th May	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	5th June	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	9th September	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Workshop	18th September	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	25th September	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	8th October	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Workshop	14th October	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	21st October	6.30pm-9.30pm	Zoom
Safeguarding 3 Designated Liaison Person (DLP) Workshop	23rd October	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	6th November	6.30pm-9.30pm	Zoom
Safeguarding 2 Club Children's Officer (CCO) Workshop	12th November	6.30pm-9.30pm	Zoom
Safeguarding 1 Basic Awareness in Child Protection Workshop	17th November	6.30pm-9.30pm	Zoom

PLEASE CHECK OUT OUR WEBSITE www.meathsports.ie OR CONTACT LYNN FOR INFORMATION
Meath Local Sports Partnership, Town Hall, Watergate Street, Navan.

Tel: 046-9067887; Email: loreilly@meathcoco.ie