



Louth Local Sports Partnership Newsletter

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Operation Transformation Walk 2012

Issue 4 February 2012



Over 260 people of all ages turned out in beautiful sunshine on Saturday 14th January for the Louth Operation Transformation walk. The walk which was organised by Louth Local Sports Partnership also saw the launch of the Ardee Slí na Sláinte route.

Easy to follow, the new Slí na Sláinte routes are Slibah Breagh (2.5km) and Fairgreen (2.8km) both of which start and end at the Bridge Street car park in Ardee. These new routes form part of a network of Slí na Sláinte routes across County Louth with others located in Dundalk, Drogheda, Carlingford, Blackrock, Darver GAA and Stephenstown pond. The routes allow people to keep track of the distance they have walked with signs at 1km intervals and are a joint initiative between the Irish Heart Foundation, Louth County Council and HSE Dublin North East.

Many people do not realise it but physical inactivity is one of the main risk factors for heart disease. At least 30 minutes of physical activity at a moderate intensity, such as brisk walking, five days a week will keep your heart strong, improve muscle strength and make you feel good. Walking is a fun, social way for people to get fit and stay fit, as part of a healthier lifestyle.

Cllr. Oliver Tully, Cathaoirleach Louth County Council who launched the Slí route said: "Louth County Council are delighted to see the launch of the latest Sli na Slainte route to encourage people to get out walking for a healthy lifestyle on a safe route"

Louth Local Sports Partnership would like to thank Seán Garvey and Vera Browne for leading the walk, Geraldine Finegan for the energetic warm up and the local Gardaí for stewarding.

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Louth Local Sports Partnership Walking Initiatives

Louth LSP Grant Scheme to support Increased Participation in Walking

Two community groups were successful in their application for the walking grant scheme in late 2011. Connect Family Resource Centre and Lifestyle Development Group both based in Drogheda received €300 each to support the establishment of new walking groups.

Current Louth Local Sports Partnership Walking Programmes

FitWalk Programme :

5 sessions of indoor fitness walking in Dundalk Sports Centre, Muirhevnamor.
Starts Monday 30th January 7-8pm. Cost €20

You will learn

- how to get best fitness benefits from walking
- how to improve flexibility and strength
- how to use step counters and heart rate monitors
- the techniques of Stride Walking and Power Walking



Fitwise Community Walking Programme:

This programme is a joint initiative of HSE Dublin North East and Louth Local Sports Partnership which is open to all adults. A trained tutor will lead a series of walks (outdoors) and also give basic health messages to aid participants in leading a healthier lifestyle.

Cost €20 for the 8 week programme.

Starts Thursday 2nd February at 7pm in O'Raghallaighs GAA, Drogheda. Runs every Thursday for 8 weeks until 22nd March.

Both FitWalk and Fitwise programmes are available to groups of 15 or more people on request.



Xcessible Leisure Centre Initiative



*Mary Alyward
being put through
her paces by
Siobhán Shaw of
Aura, Dundalk*

An open day for people with disabilities was held in Aura Dundalk Leisure Centre on Thursday 8th December. The use of the gym and the pool was free of charge for people with disabilities. Staff at the centre were assisted by the Irish Wheelchair Association, Ardee Sports Project.

The open Day was part of "Xcessible Inclusive Leisure Centre Initiative" which was organised by CARA Adapted Physical Activity Centre and Louth Local Sports Partnership. The Countrywide initiative titled "Xcessible", aims to heighten the awareness of the benefits of exercise, active healthy lifestyles and participation for people with disabilities. The programme is one of a number of initiatives which were run nationwide to mark National Disability Day which was on December 3rd.

Primary School Teachers Workshops

Gymnastics

Louth Local Sports Partnership has teamed up with Gymnastics Ireland to offer primary school teachers the chance to participate in Gymnastics Ireland Gymstart Teacher training.

The Gymstart Primary Teachers Workshop is a participation based gymnastics course aimed at building a safe, progressive and fun environment for learning gymnastics in schools. The 4-hour workshop is a new development in the Gymnastics Ireland education programme and is designed to develop and enhance primary teachers understanding, ability and confidence to teach gymnastics in a school setting. The first workshop took place on Wednesday 25th January in St. Nicholas Parish Hall, Philip Street from 1 to 5pm. Demand for the course was very high with 28 teachers trained. We will be offering the workshop again during the next school year.

Camogie

The Camogie Association is running a workshop to enable Primary School Teachers to set up and play Camogie/Hurling as part of their PE classes or after school activities.

At the end of the workshop participants will be able to –

- Introduce Camogie to your class/school
- Set Up Fun games which introduce Camogie/Hurling to your class
- Use Camogie drills / games for indoor PE sessions
- Organise In-School street leagues so pupils can play Camogie/Hurling
- Know the differences between Camogie and Hurling

Date: 14th March 2012, Workshop Time: 14.00 – 16.00 Venue to be confirmed.

Cost: €20 per school (Includes Camogie Initiative Booklets for each school)

To book your place contact

Camogie Regional Development Co-Ordinator Ger Gribben Tel: 087 2733847 Email: gerard@camogie.ie

Buntús Soccer

Buntús Soccer is offered as a follow on programme for those primary schools who have completed the 4 hour Buntús generic training. Mick Neville, Louth FAI Development Officer who is trained in Buntús delivers the programme. The training, resource cards and equipment are free of charge. The training takes two hours. Two training dates are now available for your school - 27th March in Drogheda and 28th March in Dundalk both from 1-3pm. If your school is interested please contact Louth Local Sports Partnership on 042-9324318 to register.

National Recreation Week



Children from local youth groups participating in the Come and Try Event in the Youth Development Centre, Oriel Park, Dundalk

National Recreation Week took place from the 20th October to the 4th November 2011. Louth Local Sports Partnership organised two come and try youth events as part of this week. The first event took place on the 1st of November in St. Peter's Parish Centre, Drogheda and the second took place on Wednesday 2nd November in the Youth Development Centre, Oriel Park, Dundalk. Youth clubs and groups in the County were invited to the events where they got to try out golf, cricket and disability sports. Many of the children had never participated in these sports before and the activities proved a big hit with everyone.



Be Active After School Activity Programme Welcomes New Schools

The award-winning Be Active After-School Activity Programme, which was delivered in 7 Louth primary schools in 2010/2011 is set to see 10 schools participating in 2011/2012. The Be Active ASAP is a weekly programme of varied after-school activities supervised by volunteer teachers and supported by volunteer parents. The programme runs with 1st, 2nd or 3rd class children in participating schools.

The Be Active After-School Activity Programme was delivered in 47 primary schools across the North East in 2010/2011 with 1,379 children, 322 parent leaders and 160 teacher leaders taking part. With the new schools that have signed up to deliver the weekly after-school activity sessions, the total number of schools who will be participating throughout the north east in the current school year is 73.

The Be Active After-School Activity Programme is an initiative of the Health Promotion Department of the HSE Dublin North East and was named Best Health Promotion Project at the 2011 National Health Literacy Awards.

Louth schools who are participating in the current year are: Scoil Mhuire na Trocaire, Ardee, Ardee Educate Together NS, Ardee, Rampark NS, Dundalk, Ballapousta NS, Drogheda, Marymount NS, Drogheda, Aston Village Educate Together NS, Drogheda, Abacas School, Drogheda, St. Patrick's BNS, Drogheda, Scoil Bhride, Dunleer and Scoil san Nioclás, Stabannon.

Schools who register to deliver the Be Active After-School Activity Programme receive a free resource folder, free training for teachers, certificates for participants and ongoing advice and support. For more information on the programme and to find out how to register your school you can visit the programme website at www.beactiveasap.ie or contact the co-ordinator, Eileen McEvoy, on 087 2402020.



Older Adults Groups in Louth Receive Go for Life Grants

The allocations for the eleventh National Go for Life Grant Scheme for Sport and Physical Activity for Older People were announced by Michael Ring TD, Minister of State for Tourism and Sport in November.

Making the announcement Minister Ring said "Last year, over 28,000 people participated in physical activity directly funded by this grant scheme. People are staying more physically active and as a result improving their social, mental and physical well-being. This can lead to substantial savings in health and long-term care costs. The grants announced today are used by communities across the country to promote physical activity for older people. That certainly is a welcome prospect for older people, particularly in rural areas, to get involved in their locality and feel a lot less isolated."

20 groups in County Louth received a total of €7,195 as follows:

Irish Wheelchair Association, Ardee €285, The Seagull Club €285, Dundalk ARA €285, Fifty Plus Group €305, Ardee ARA €305, Drogheda Senior Citizens Interest Group €305, Lann-Leire and District ARA €305, Louth Village ICA €285, Iniskeen Young at Heart ARA €305, Faughart Social Group ARA €285, RehabCare Dundalk €285, Blackrock Guild ICA €305, Louth Sports Partnership €1,600, Dundalk Sports Centre €285, Termonfeckin ICA €285, The Peoples Club €305, Darro Centre €305, Drogheda Community Services €305, Omeath and District ARA €285, An Sli €285.

Louth Local Sports Partnership ran a workshop in September to advise groups on their applications and also to provide ideas for equipment and physical activity programmes. We are delighted to see that the groups who attended were successful in their applications. This grant will be available again in September 2012.

Louth Local Sports Partnership Positive Ageing Week



Launch of Outdoor Exercise Equipment in St. Dominic's Park, Drogheda

On Monday 26th September the formal launch of the newly installed outdoor exercise equipment in St. Dominics Park Drogheda took place. The event was organised by Louth Local Sports Partnership as part of Positive Ageing Week. It was launched by Mayor Cllr. Kevin Callan and Miriam Doyle of Coca-Cola International Services, based in Drogheda.

This equipment has been installed in St. Dominics Park to encourage active, healthy lifestyles and to help make fitness fun, free and effective.

The launch was very successful with a great turnout and everyone benefited from the instruction in how to use the equipment by Louth Local Sports Partnership and LAB fitness.

Launch of New Weekly Older Adults Physical Activity Group

The launch of older adults physical activity sessions took place on Tuesday 27th September at Dundalk Sports Centre, Muirhevnamór.

These weekly sessions take place every Tuesday at 11am. New members are always welcome. Cost €2 per week. For more information or to register contact Triona Faapito, Dundalk Sports Centre on 042-9331740.



Older Adults Activity Festivals



Louth Local Sports Partnership organised two Older Adults Festivals one in Dundalk on 22nd November and one in Drogheda on 23rd November. Over 40 people attended the two festivals. The participants got to try out a number of new sports such as Zumba Dancing, Boccia, Kurling and Nordic Walking. We would like to thank the students of Dundalk Institute of Technology and Drogheda Institute of Further Education for their help on the day. We would also like to thank the Zumba instructor Heather Gordon and the Nordic Walking instructor Barbel Pankoke. Everyone enjoyed the day and as a result of the interest in Kurling we will be holding a Kurling league which will start in May.

Get Ireland Active Website - Promotional Opportunity for Sports Clubs/Physical Activity Groups



The Get Ireland Active website which was formally launched in October provides a great opportunity for sports clubs or physical activity groups to promote their events. It is free of charge to submit an event and the site is very user friendly.

We want to encourage clubs, facilities, schools, tutors, physical activity groups to log onto www.getirelandactive.ie to submit your event. Anyone looking at the site can then find an activity either by type, region or age group.

Calendar of Courses & Events

Disability

Course/Event	Date	Time	Venue/Contact
Zumba for People with a Disability	Restarts Mon 9th Jan	11.30 - 12.30	Ballsgrrove Community Centre, Drogheda
Disability Awareness Training	Available for sports clubs/organisations on request		Contact Celine in Louth LSP 042-9324318
Disability Awareness Training for Transition Year students	Available on request		Contact Celine in Louth LSP 042-9324318
Kurling League	Starts May 2012		Contact Celine in Louth LSP
European Congress of Adapted Physical Activity (EUCAPA) Conference	Sun 6th - Tues 8th May		Malton Hotel, Killarney, Co. Kerry www.eucapa2012.eu

Older Adults 55+

Course/Event	Date	Time	Venue/Contact
Older Adults Weekly Physical Activity Sessions	Restarts Tues 10th Jan	11.00 - 13.00	Muirhevnamór Sports Centre, Dundalk
Kurling League	Starts May 2012		Contact Celine in Louth LSP 042-9324318

Schools

Course/Event	Date	Time	Venue/Contact
Gymnastics Ireland Course for Primary School Teachers	Wed 25th Jan	1.00 - 5.00pm	St. Nicholas Parish Hall, Philip Street
Camogie Workshop for Primary School Teachers	Wed 14th March	2.00 - 4.00pm	Lannleire Pavilion, Dunleer
Primary Schools Sports Hall Athletics National Semi Finals	Wed 14th & Thurs 15th March		Athlone Institute of Technology
National Finals	Wed 21st Mar		Athlone Institute of Technology
Transition Year Triathlon	Tues 20th Mar		To be confirmed
Buntús Soccer	Tues 27th Mar	1.00 - 3.00pm	Holy Family Community Centre, Ballsgrrove, Drogheda
	Wed 28th Mar	1.00 - 3.00pm	Muirhevnamór Community Centre, Dundalk
Girls in Action (Secondary School Programme) End of Year Activity Day	To be confirmed		To be confirmed
Buntús Generic	Available to primary schools on request		Contact Celine in Louth LSP 042-9324318

Pre-Schools

Course/Event	Date	Time	Venue/Contact
Buntús Start (for Childcare Providers)	Limited availability.		Contact Sinéad Rock Louth County Childcare Committee info@louthchildcare.ie 041-6859912

Calendar of Courses & Events

Operation Transformation

Course/Event	Date	Time	Venue/Contact
Operation Transformation Walk & Launch of Ardee Slí na Sláinte	Sat 14th Jan	11.00am	Starts at car park on Bridge Street. Refreshments afterwards in Ardee Castle
FitWalk - Indoor Fitness Walking Programme	Starts Mon 30th Jan for 5 weeks	7.00 - 8.00pm	Dundalk Sports Centre, Muirhevnamór
FitWise Outdoor Walking Programme Drogheda	Starts Thurs 2nd Feb for 8 weeks	7.00 - 8.00pm	Drogheda. Starting point O'Raghallaigh's car park.
Fit4Life Dunleer A.C.	Tuesdays & Thursdays	7.00 - 8.00pm	Contact Eugene Burns 087-9847106 eugeburns@hotmail.com
Fit4Life Drogheda & District A.C.	Tuesdays & Thursdays	7.00 - 8.00pm	Contact Angela Kane 086-8342801 angela.kane@hotmail.com
Fit4Life Glenmore A.C.	Wednesdays	7.00 - 8.00pm	Contact Rose White 087-2325615 glenmoreac@hotmail.com
Fit4Life St. Gerard's A.C.	Wednesdays	7.00 - 8.00pm	Contact Michael O'Connor 087-2721085 moc@live.ie

Walking

Course/Event	Date	Time	Venue/Contact
Táin Walking Festival	Fri 2nd to Sun 4th Mar		Various Walks around Carlingford/Cooley Mountains. E-mail: info@carlingford.ie www.carlingford.ie
Táin Walking Festival - Louth Local Sports Partnership Buggy Buddies Walk	Sat 3rd Mar	10.00am	Starts and finishes at Four Seasons Hotel, Carlingford. Brisk 3km walk along the Slí na Sláinte route for parents, childminders and anyone with a pram/buggy. Refreshments afterwards in the Four Seasons.
Irish Heart Foundation Walking Leader Training	Fri 20th - Sun 22nd April	Fri 7 - 9pm Sat 9-5pm Sun 9-2pm	Ballsgrrove Community Centre, Drogheda. Contact Irish Heart Foundation 01-6685001.
Boyne Valley Walking Festival	Fri 1st - Sun 3rd June		Various walks around the Boyne Valley area, Drogheda. See www.drogheda.ie

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Code of Ethics

Course/Event	Date	Time	Venue/Contact
Code of Ethics Child Protection and Welfare in Sport Basic Awareness Workshop	Tues 31st Jan	18.00 - 21.00	Drogheda Leisure Park
	Wed 29th Feb	18.00 - 21.00	Muirhevnamór Community Centre, Dundalk
	Wed 28th Mar	18.00 - 21.00	Drogheda Leisure Park
	Tues 24th Apr	18.00 - 21.00	Muirhevnamór Community Centre, Dundalk
	Thurs 24th May	18.00 - 21.00	Drogheda Leisure Park
	Wed 13th June	18.00 - 21.00	Muirhevnamór Community Centre, Dundalk
Code of Ethics Club Children's Officer Training	Tues 6th & Thurs 8th March	18.00 - 21.00 Each evening	Drogheda Leisure Park
	Mon 14th & Wed 16th May	18.00 - 21.00 Each evening	Muirhevnamór Community Centre, Dundalk

Other

Course/Event	Date	Time	Venue/Contact
Larry McGuill Rás Na hÉireann International Cross Country	Sun 12th Feb	All Day	Battle of the Boyne Site, Oldbridge, Drogheda. Contact: Jacqueline Matthews 087-6482373 tydunleer04@gmail.com
Sports Development Officer Forum	Thurs 29th March	10.30 - 12.30	Drogheda Leisure Park
Bike Week	Sat 16th June - Sun 24th June		Various events around the County See www.bikeweek.ie/louth
Boyne 10K	Sun 6th May	15.00	Drogheda See www.boyne10K.ie
Dundalk Half Marathon and 10K	Wed 9th May		Dundalk See www.dundalkhalfmarathon.com

All courses must be booked in advance. For further information or to book a place please phone Celine Kearney on 042-9324318 or e-mail louthlsp@louthcoco.ie

Louth Local Sports Partnership, County Hall, Millennium Centre, Dundalk, Co. Louth

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