



# Louth Local Sports Partnership Newsletter

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## Operation Transformation Walk

Issue 1 January 2011



The Irish Sports Council and the network of Local Sports Partnerships across the country joined up with RTE's Operation Transformation programme to organise a national walk on 15th January 2011. Louth Local Sports Partnership organised a 4km walk in Blackrock along the Slí na Sláinte route. We would like to thank Irish Heart Foundation trained walking leader Stephen Cull who led the walk and An Garda Síochána for the assistance with traffic management. Even though the weather was windy and rainy there were over 50 participants and the walk was a great success. Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, the routes are marked by bright colourful signposts and are situated at 1 km intervals, you'll find Slí na Sláinte walk routes all over Ireland. For more details log onto [www.irishheart.ie](http://www.irishheart.ie) or contact the Louth Local Sports Partnership

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## Disability Awareness Training for Transition Year Pupils

Louth Local Sports Partnership in conjunction with the Irish Wheelchair Association, Ardee run a Disability Awareness programme for transition year pupils in the Louth area. 10 secondary schools have participated in the programme since 2009 with great success.

The **Disability Awareness** programme provides teenagers in transition year with an understanding of what the term disability means. The main aim of the programme is to provide teenagers with an understanding of the difficulties faced by individuals with a disability. It is hoped that this experience will help them develop a more positive, respectful and understanding attitude towards the issues faced by people with a disability.

The Programme consists of a one and a half hour theory session, followed by a two hour wheelchair practical session, where the pupils get to participate in games and activities aimed at wheelchair users. The session can be split in two or run over one day. If your school would like to participate in the programme, which is free of charge, please contact Louth Local Sports Partnership.

## Girls in Action



*Girls in Action  
End of Year  
Activity Day  
2010 in the Ice  
Dome, Dundalk*

**GIRLS IN ACTION** is a joint initiative funded by the **HSE** and **Louth Local Sports Partnership**. The programme is currently running in 10 secondary schools in the county. The main aim of the programme is to provide more opportunities for teenage girls to participate in non-competitive physical activity. It is hoped that this experience will help girls develop a more positive attitude towards sport and physical activity. Activities offered to the girls include yoga, aerobics, zumba dance, fencing, gymnastics, kickboxing, circuits and self defence. Sessions take place weekly in the schools as an extra curricular activity.

To celebrate the end of the second year of the project, Louth LSP and the HSE organised a Girls in Action activity day which took place in The Ice Dome, Dundalk on 14<sup>th</sup> April 2010. The girls were given skating lessons and got to try out games on the ice. The event proved very enjoyable for all participants. This year's Activity Day will take place on 11th May 2011. Any schools interested please contact Louth Local Sports Partnership.

## Buntús for Primary Schools



*Teachers from Scoil Eoin Báiste who participated in Buntús*

The Buntús Programme is an Irish Sports Council initiative, endorsed by the Department of Education and is specifically designed to compliment the games strand of the primary school PE curriculum. This programme which is free of charge is only available to schools through the Local Sports Partnership. 48 primary schools in Co. Louth have completed Buntús Training to date.

The three key components of the programme – training, resource cards and equipment – are designed to provide easy to understand fundamental activities and to give children a fun, high quality, introduction to sport.

For more information on the programme, please contact Louth Local Sports Partnership 042-9324318.

## Go for Life Fitline

# World Health Organisation Gives Thumbs Up to Drogheda Group's Work

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A group of Drogheda locals received a real boost recently when the World Health Organisation gave the thumbs up to the work they've been doing. The World Health Organisation has selected the Go for Life FitLine as a good example of how to encourage people to be physically active. The seal of approval is very encouraging as although Go for Life FitLine is based on a successful American model it was adapted for Ireland and tried for the first time in county Louth.

If you are aged 55+ and want some support becoming more active, why not call **Go for Life FitLine**? **Go for Life FitLine** offers **free** telephone based support to its clients encouraging them to be more physically active. It's operated by Go for Life, the national programme for sport and physical activity for older people and Louth Local Sports Partnership and is available to all aged 55+ throughout County Louth.

*"What's new and exciting about **Go for Life FitLine** is that the volunteer mentors making the calls are ordinary older adults from the local area who have themselves been through the ups and downs of trying to be active"* said Mary Harkin, Go for Life's Programme Manager. The volunteer mentors have an interest in physical activity, are great listeners and have been trained in techniques to encourage physical activity.

Once people have signed up for Fitline, they will be invited able to attend a **workshop in either Dundalk or Drogheda** to get information on the importance of physical activity and some ideas for how to become more active. After this they will receive a call from a Go for Life FitLine mentor every two weeks for six months. The mentors will give praise when things are going well, encouragement to keep going when motivation is low and know that developing healthy habits takes time.

To register interest in Go for Life FitLine, telephone Go for Life on 01-805 7733 between 9am and 5pm Monday to Friday.



## Be Active After School Activity Programme



The *Be Active After-School Activity Programme* is an exciting new initiative currently being delivered in over 50 schools in the Dublin North East area. More than 140 teachers from Louth, Meath, Dublin, Monaghan and Cavan are involved in delivering the programme, with seven primary schools in Louth currently participating in the programme.

This programme aims to improve the physical activity patterns of school children by introducing them to a wide variety of activities in a fun, supportive, positive environment where everyone is involved. The programme which is aimed at 7-8-year-olds is facilitated by teacher leaders and supported by parent leaders and takes place once per week, after school, on school grounds.

The *Be Active ASAP* is offered free of charge to schools. The programme includes training for teachers, a folder of resource cards, a teacher handbook and ongoing advice and support visits. The *Be Active ASAP* is supported by the health promotion department of the HSE Dublin North East and facilitated by Louth Local Sports Partnership, in association with the Irish Sports Council. Resources for the programme were compiled by the physical education staff of the Education Department of St. Patrick's College, Drumcondra.

This positive initiative will be open to a further 20 primary schools in Louth in September 2011. Registrations will be taken on a first-come-first-served basis. If you would like your school to be one of these 20 participating schools please contact the programme co-ordinator, Eileen McEvoy, at (087) 2402020, emcevoy@meathcoco.ie, for more information.



## TRAILTREKKER

Your Team. Your Challenge.



### Oxfam TRAILTREKKER. Your team. Your challenge.

Get ready for a truly memorable weekend this September. Look forward to an amazing personal challenge, an exhilarating team challenge and a fantastic sense of achievement at the finish line!

TRAILTREKKER is the ultimate team challenge across the Mourne Mountains and Cooley Peninsula. It's an amazing experience that combines endurance, navigation, determination and teamwork! Over the weekend of 10 - 11 September, teams of four will walk a **50km** or a **100km route**, starting together in Donard Park, Co. Down and finishing together in Carlingford, Co. Louth. TRAILTREKKER is open to teams of all levels of experience, with lots of enthusiasm and determination! Oxfam will equip you all the advice and support you need to help you reach your goal.

Visit the Oxfam TRAILTREKKER website to find out more:

<http://www.oxfamireland.org/trailtrekker/>

## Calendar of Courses & Events

Course/Event	Date	Time	Venue
Code of Ethics Child Protection and Welfare in Sport	Tues 22nd Feb	18.00 - 21.00	Drogheda Leisure Park
Basic Awareness Workshop	Tues 22nd Mar	18.00 - 21.00	Muirhevnámór Community Centre, Dundalk
	Tues 5th Apr	18.00 - 21.00	Irish Wheelchair Association, Ardee
	Thurs 5th May	18.00 - 21.00	Muirhevnámór Community Centre
	Tues 17th May	18.00 - 21.00	Drogheda Leisure Park
Code of Ethics Club Children's Officer Training	Tues 29th & Thurs 31st Mar	18.00 - 21.00 Each evening	Irish Wheelchair Association, Ardee
Inclusive Games Training	Wed 9th Mar	19.00 - 21.00	Redeemer Resource Centre, Dundalk
	Tues 19th Apr	19.00 - 21.00	St. Peters Parish Hall, Drogheda
Disability Zumba	Every Tuesday	14.00 - 15.00	JJB Dundalk
Walking Leader Training	February to May		Various centres around the country
Táin Walking Festival	5th & 6th March		Carlingford, Co. Louth

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](mailto:louthlsp@louthcoco.ie)

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