



Louth Local Sports Partnership Newsletter

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Inclusive Games Training



Louth Local Sports Partnership organised two Inclusive Games training courses in March and April. There were 29 attendees and feedback from the participants was very positive. "Good course - very useful for all levels, ages and abilities of sport/activity."

It is a two hour practical course for SNA's, parents, carers, coaches and leaders. The course will show you how to play/organise games that are suitable for all children. It gives practical examples of ways to include people with a disability in any sport and physical activity programme.

All the equipment needed is outlined and you will be shown how to make your own equipment. At the end of the course each participant will receive a manual with resource cards detailing all the warm ups, games and activities that were taught so that you will be able to organise activities with your own group.

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Zumba for People with a Disability

Louth Local Sports Partnership organised Zumba dance classes for people with a disability from January to May in Dundalk and Drogheda. Zumba combines Latin and International music with a fun workout class. The classes were funded by the HSE National Lottery Grant. The participants really enjoyed the classes while helping to improve their fitness. We would like to thank the instructors Hannah Verhamme, Deirdre Healy and Carol Cromwell. There will be another set of classes starting in September.

National Bike Week 2011



“Cycling is a fun, healthy, safe, environmentally-friendly and low cost way to make those shorter journeys. Nearly everyone has cycled at some stage – but so many lose the habit. Bike Week is the opportunity for people to get back on the saddle – for commuting or for recreation or just for the sheer joy of it!”

National Bike Week 2011 takes place from the 18th to the 26th June. Louth Local Sports Partnership has been awarded €5000 by the Department of Transport, Tourism and Sport to help promote Bike Week.

Throughout the week there will be bike health checks and Gardaí cycle safety talks. An art competition has also been organised for 6th Class in Drogheda and South Louth schools.

On Monday 20th June there will be a cycling skills programme – Subway Sprocket Rocket - for children organised by Cuchulainn Cycling Club taking place in Aura at 7pm. Contact Sé Weston, Cuchulainn Cycling Club 087-1773175 or Josephine Pepper, Aura Leisure Centre 042-9336230

Wednesday 22nd June is Cycle to School Day. An Taisce have organised Bling Ur Bike and Bling Ur Helmet workshops, Get in Gear parent cycle training, safety talks and information along with art competitions in Dundalk Schools. For further information contact Susan Doorley on 087-9296085 or sdoorley@eeu.antaisce.org

On Saturday 25th June two mystery bike tours will take place in Drogheda, organised by Drogheda Borough Council. The morning tour starts at Aura Drogheda at 10am and the afternoon tour starts at 1.30pm at the Lourdes Community and Recreation Centre. Refreshments will be served after the tours for all participants and all who complete a tour will be in with the chance to win a bike! Contact Valerie Mon-Friday 041 9876171 or 086 9272015.

On Sunday 26th June there will be a family fun day in St. Helena's park from 2 to 5pm organised by Dundalk Town Council and Cuchulainn Cycling Club. There will be slow bike races, tutor laps of the park and a family cycle - "Tour de Dundalk". Contact Rosie O'Reilly 042-9392932 or Oliver Winters 042-9392947

The Cycling Clubs in Co. Louth Cuchulainn Cycling Club, Ardee Cycling Club and Drogheda Wheelers have also organised a number of events throughout the week.

Contact Eamonn Martin 087-6186463 Ardee Cycling Club for cycles on Sunday 19th and 26th June.

Contact Gerard Campbell on 086-8192205 or gercampbell1@hotmail.com Drogheda Wheelers for event on the 20th June

Cuchulainn Cycling Club have events on the 18th, 19th, 21st, 22nd, 23rd & 26th. For contact details and for details of all events see: www.bikeweek.ie/louth or www.louthlsp.ie

Buntús Update

Buntús Start for Pre-Schools



Buntús Start is an Irish Sports Council programme which was set up in County Louth by Louth Local Sports Partnership and Louth County Childcare Committee.

Buntús Start is a comprehensive physical activity programme for children aged 2-5 years old. It has been designed for use in pre-school

settings so that pre-school and playgroup leaders can provide a wide range of learning opportunities for young children to develop their fundamental motor skills, manipulative skills, co-ordination and balancing skills and develop a positive attitude to physical activity.

The training consists of two 3 hour sessions and at the end of the training each centre receives resource cards and a Buntús Start Bag full of equipment. 63 childcare facilities in County Louth have completed the training to date. For further details contact Louth Local Sports Partnership or Louth County Childcare Committee on 041-6859912. For further details of the work the Louth County Childcare Committee is involved in log onto www.louthchildcare.ie

Update on Buntús for Primary Schools

The Buntús Programme is an Irish Sports Council Initiative, endorsed by the Department of Education, specifically designed to compliment the games strand of the primary school PE curriculum. This programme is only available to schools through the Local Sports Partnership. 56 primary schools in Co. Louth have completed Buntús Training to date. The Buntús programme will be available in Louth until the end of the 2011/2012 school year. If your school is interested please contact Louth Local Sports Partnership on 042-9324318.

Buntús Soccer

Buntús soccer is offered as a follow on programme for those primary schools who have completed Buntús generic training. An 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 and not all teachers from the school have to attend.

28 schools in County Louth have completed the programme to date. Two training dates were offered in March 2011 and further dates will be available for interested school in September. If your school is interested please contact Louth Local Sports Partnership on 042-9324318.

Louth Local Sports Partnership Grant Schemes

In May 2011 Louth Local Sports Partnership allocated €15,950 to 22 clubs/organisations throughout County Louth under the Sports Partnerships Grant Schemes. The grant was advertised in early March and the closing date was the 15th April. The two grant schemes offered were sports club grant scheme for increasing and sustaining participation and grant scheme for increasing participation opportunities in sport and physical activity by people with a disability. The focus of both the grant schemes was to provide financial support for initiatives run by sport an physical activity groups in the Louth area who are working to increase participation, in line with the Louth Local Sports Partnership strategic plan.

Recipients of the Grant to Increase Participation in Sport and Physical Activity 2011

Group Name	Amount Allocated	Group Name	Amount Allocated
Ardee Rugby Club	€900	Dundalk & District Brown Trout Anglers Association	€900
AURA Dundalk Swimming Club	€875	Dundalk Cricket Club	€500
Blackrock Athletic Club	€900	Dundalk Tennis, Badminton & Squash Club	€500
Boyne Athletic Club	€200	Naomh Monnine Hurling Club	€900
Collon Community Tennis Club	€400	St. Brides Camogie Club	€725
CROWS Hillwalking Club	€400	St. Gerards Athletic Club	€500
Drogheda Taekwondo Club	€900	St. Kevins GFC	€300
Drogheda Water Polo Club	€600	Wee Binnians Walkers	€500

Recipients of Grant for Increasing Participation Opportunities in Sport and Physical Activity by People with a Disability.

Group Name	Amount Allocated	Group Name	Amount Allocated
Glenmore AC	€1000	Saint John of God Venegas Centre	€950
Malta Services Sports Activity Programme	€1000	Spinia Bifida Hydrocephalus Irland Louth Meath Branch	€1000
Muscular Dystrophy Ireland North East Branch Youth Club	€1000	Special Needs Active Parents	€1000

Funding Search Facility

Check out Ireland's funding website www.j4bgrants.ie. Find out about voluntary and community grants, European funding, Irish government grants and other sources of funding for your group. There is a funding section on our website www.louthlsp.ie and information on any grants currently available to sports groups can be viewed here. This section is updated as new information on grants is available.

Louth Local Sports Partnership Building Positive Relations at Local Level through Sport



Members from the Sports Clubs who participated in the project at the Challenging Attitudes Through Sport Information Sharing Event held in April



Sport has a well established track record of providing a means of mutual communication between groups, communities, cultures and organisations. Louth Local Sports Partnership sought to prepare a number of sports clubs from the Louth area to build meaningful partnerships through sport on a cross community, cross border basis.

This was an opportunity for sports groups to gain valuable training relevant to their clubs, as well as developing cross border partnerships and links with other sports clubs and receive financial support towards the delivery of a joint project.

Ten Louth based clubs were successful: Cúchulainn Archers, Donacarney Celtic Football, Drogheda School of Karate, Dundalk Cricket Club, Dunleer Athletic Club, Glenmore Athletic Club, Holy Family Boxing Club, Ireland Wadokai Karate-Do Renmei, IWA Ardee Sports Project and Setanta Triathlon Club. Their first objective was to form new sports club partnerships with clubs from Northern Ireland.

These new sports club partnerships used sport as a medium for encouraging their groups to address issues of diversity, inclusion, respect and understanding of difference. Sport promotes co-operation, interaction, learning and active exchange.

Two Challenging Attitudes Through Sport Information Sharing Events were held in April and May where the clubs gave details on how these partnerships were formed, how they planned their events/projects together and what impact the project had on their club. The project has been running since December 2009 and will finish in June 2011.

The Building Positive Relations at local level through Sport Project is supported by the European Union's PEACE III Programme as awarded by Louth Peace and Reconciliation Partnership.

Members from the Sports Clubs who participated in the project at the Challenging Attitudes Through Sport Information Sharing Event held in May



Girls in Action Activity Day



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.



To celebrate the end of the third year of the project, Louth LSP and the HSE organised a Girls in Action activity day which took place in Ardee Parish Centre on 11th May 2011. 72 girls from 7 schools attended, participating in dance, yoga and cheerleading. We would like to thank Lab Fitness who gave the classes on the day. The event proved very enjoyable for all participants. Any secondary schools interested in the programme please contact Louth Local Sports Partnership.

Workplace Walking Challenge

Louth Local Sports Partnership organised a walking challenge for the staff of Louth Local Authorities in March/April. The project was managed by Siobhan Healy, placement student from Health and Physical Activity in DKIT. The participants received a pedometer and were asked to record their steps for 5 weeks. The goal was to reach 10,000 steps per day. This walking contributed towards the recommended guidelines of 30 minutes a day of moderate activity on 5 days a week. For further details on physical activity recommendations see www.getirelandactive.ie.

Of those who completed the challenge 91% are more motivated to maintain higher levels of activity and there was a decrease of 14% in the number of people who considered themselves sedentary.



Be Active ASAP Wins Health Literacy Award



The Be Active After-School Activity Programme was named Best Health Promotion Project at the 4th Annual Crystal Clear MSD Health Literacy Awards which were held at the Royal College of Physicians of Ireland on May 9th. The winning entries were selected from over 100 entries by a high profile judging panel.

The Be Active After-School Activity Programme is a physical activity initiative for 7-8 year olds funded by the HSE and facilitated by Meath Local Sports Partnership and the Irish Sports Council.

11 primary schools in County Louth are currently participating in the programme. Registration for programme is now open to all primary schools in Meath, Louth, Cavan, Monaghan and North Dublin. Resources for the programme which are offered free of charge to participating schools were developed in St. Patrick's College, Drumcondra. For more information contact the programme coordinator, Eileen McEvoy on 087-2402020 or visit www.beactiveasap.ie

Physical Activity Leaders (PALS)

In partnership with the Health Service Executive and Local Sports Partnerships Go for Life runs a series of workshops intended to provide information, ideas and skills to people who are interested in involving older people in physical activity. The participants become Physical Activity Leaders (known as PALS) who can lead members of their own groups or communities in short exercise routines, simple dances, fun games and recreational sports.

These workshops take place all over the country throughout the year and hundreds of older people have participated to date. For details of when the next workshops will take place please contact Louth Local Sports Partnership.

Play Rugby for National Schools



Louth Local Sports Partnership has teamed up with the IRFU and Leinster Rugby to roll out the Play Rugby Initiative to Primary Schools in Louth over the 2011/12 school year from September.

The goal of Play Rugby is to introduce rugby to as many children as possible. The initiative is aimed at 3rd, 4th, 5th & 6th classes and will consist of training sessions with a local Community Rugby Officer (CRO) working on behalf of Leinster Rugby. Coaching will begin in schools in September.

Disability Awareness Training Update

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. . This year students from DKIT, 3 youth clubs and 10 secondary schools received the training.

The programme will be running again in September. If your school or youth group would like to participate in the programme, which is free of charge, please contact Louth Local Sports Partnership.

Updated Child Welfare & Protection Course

In 2010 the Irish Sports Council evaluated and updated the child Welfare and Protection Course. The updated course content largely remains the same but will now be delivered over 3 hours instead of 4. The course content will now be delivered in an interactive manner through more exposure to case studies.

The outcomes of the course remain the same for participants:

- Implement best practice in protecting the welfare of participants
- Create a child-centered environment within the sports club
- List categories of abuse and some indicators associated with abuse
- Make appropriate response to a disclosure
- Make a report to the designated person or appropriate Statutory Authorities.

The new Child Welfare and Protection course is now recommended for all coaches, parents and administrators who are involved with underage activities. This is a significant change as previously the course was aimed at designated members to assist them to develop policies and procedures for their own clubs. The updated course looks at best practice for all regarding child protection, with clubs now being asked to utilise and implement their relevant national Governing Bodies Code of Ethics. Louth Local Sports Partnership ran 12 courses in Code of Ethics since January and will have more course dates available from September.

Club Children's Officer Training

This is a six hour course which is a follow on from the basic awareness course and expands on the material delivered in the Basic Awareness Course. This information will support the Children's Officer in the implementation of best practice in the club. Participants must have completed the Basic Awareness course prior to attending this workshop. Louth Local Sports Partnership held its first course in March 2011 with 13 participants. Another course will be held later on this year. To register your interest contact the Sports Partnership.

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