INTRODUCTION

On behalf of the board of Mayo Sports Partnership (MSP) and Mayo County Council I would like to welcome you all to the winter 2017/18 edition of our bi annual newsletter. As Head of Community Engagement in Mayo County Council I am delighted to support the Partnerships good work in promoting health and wellbeing in our communities and improving people's quality of life. The recent launch of the Partnerships 3rd strategic plan for sport in the county “More People Enjoying More Sports” reinforces the vital role of collaboration and partnership in developing participation opportunities for all.

In 2018 the Partnership, working with the Council’s Local Community Development Committee, will be central to the delivery of several initiatives funded under the Healthy Ireland strategy. Projects include the development of a sports equipment bank, the delivery of a Little Athletics programme in primary schools and seminar to raise the profile of women and girls in sports. There will be more opportunities in 2018 to apply for further Healthy Ireland Funding which will contribute to the delivery of MSPs strategic plan.

To everyone involved in sport especially all the hard-working volunteers across the county, I would like to wish you all a very Happy and Healthy Christmas and best wishes for 2018. Thank you for everything you do for sport, health and well-being across the county.

Siofra Kilcullen
Head of Community Engagement Mayo County Council / Board Member Mayo Sports Partnership

MAYO SPORTS PARTNERSHIP LAUNCHES NEW STRATEGY AND ACTION PLAN 2017 -2021

The document was recently launched in the wonderful setting of Ballinrobe Golf Club by Minister for Rural & Community Development Michael Ring and Cllr Richard Finn. The new strategy and action plan with its vision of “More People Enjoying More Sports” outlines actions across four strategic pillars; participation and location: programmes, people and local partners, strengthening play: sport shapers, makers and finally perform: attract and administer resources. These themes complement each other to provide a multifaceted approach to increasing participation in sport / physical activity in Mayo.

Since 2005 Mayo Sports Partnership has delivered over 300 adult participation programmes targeting 37,052 participants. A further 250 children’s initiatives with 30,563 participants were also supported plus 158 disability sports programmes with 3,903 participants. Womens participation in sport and physical activity has been one of the Partnerships key priorities since its foundation with 34,526 participants taking part in 62 Women in Sport initiatives. Over €7 million in funding has also been leveraged for sport in the county with the support of Sport Ireland, Mayo County Council, HSE, Dormant Accounts and other local partners.

Mayo Sports Partnerships Strategy and Action Plan 2017-2021 is available at www.mayoSports.ie/news or by contacting the Partnerships offices at 094 9047025 email msp@mayococo.ie
“Inclusion through Sport” Are we succeeding?

An interactive forum with the title of “Inclusion through Sport in Mayo. Are we succeeding?” took place in Ballinrobe Golf Club recently. Facilitated by MC Liam Horan of Slí Nua Careers the forum included some well known names in the sporting arena including Mayo GAA team manager Stephen Rochford, Mayo Ladies GAA star Fiona Mc Hale, Sports Editor Mayo News Mike Finnerty, Paralympic Athlete Gerry Towey, Special Olympics co-ordinator Teresa Warde and FAI Intercultural co-ordinator Des Tomlinson. They were joined by local and national policy makers Minister Michael Ring, Pat O Connor Board Sport Ireland, Siofра Kilcullen Head of Community & Engagement Mayo County Council and Chairman Mayo Sports Partnership Cllr Brendan Mulroy.

The open forum explored aspects of sporting life including issues such as:
- Participation amongst target groups such as women, people with disabilities, ethnic minorities and other disadvantaged groups
- Harnessing lifelong activities such as walking, cycling, swimming, jogging to engage target groups in physical activity
- Reducing drop off in physical activity at key transition points in life
- Local and National Policy to make physical activity an easy choice for all

More information on inclusion through sport can be obtained by contacting Sports Inclusion Development Officer Ray Mc Namara 094 9047023 or email rmcnamara@mayococo.ie

8th Western People West of Ireland Womens Mini Marathon & Mini Mini Fun Run

The 8th annual Western People West of Ireland Women’s Mini Marathon attracted a bumper crowd with 1600 runners, joggers, walkers and at least 800 children participating in the mini mini fun run. Top 6 finishers were

1 Laura Shaughnessy 00:35:41
2 Sara Doohan 00:38:03
3 Catherine Conway. 00:38:46
4 Kathy Gleeson 00:39:08
5 Lorraine Carey 00:39:18
6 Lucy Brennan 00:39:51

Organisers Mayo Sports partnership along with their partners Western People Newspaper and Mayo.ie were delighted with the positive response to their flagship event. Anne Ronayne of MSP “each year seems to build on the next and this year is no exception. I think this year was a celebration of women’s health and fitness. So many women have worked so hard for that finishers medal. Today that hard work was rewarded. Hope to see you all again next year. “ We at Mayo Sports Partnership as chief organisers along with our partners Western People newspaper and Mayo.ie are extremely proud of the women’s mini marathon which is a sporting flagship event in the west. The Mini Mini too is a unique spectacle which puts emphasis on childrens health and fitness in a fun,relaxed environment. Children get to feel like an Olympian as they come through the finish. The event reaches all children and holds no barriers within our community. We are already looking to 2018’s Mini Marathon and mini mini 30 April 2017; Action from the 8th Annual Western People West of Ireland Women's Mini Marathon. Photos by Tomás Greally
Ballyhaunis Sports Hub Update

Ballyhaunis Sports Hub has been a hive of activity over recent months. Since our last update numerous sporting activities for all ages have taken place. The June bank holiday weekend saw the annual “Come and Try Day” at Ballyhaunis GAA pitch. Local sporting clubs amalgamated to give children the opportunity to try their hand at new sports and give them a taste of what their club offers. It was great to see such a turnout of families and children with over 100 people passing through the gates off Ballyhaunis GAA sports ground.

Various Children’s “Multi Sport Games Camps” have taken place in Friary Fields MUGA (multi usage games area) and The Maples AstroTurf facility. These camps ran during the months of June, July and August. The end of August also saw an “Inclusive Camp” been organised whereby children from various ethnic backgrounds participated in soccer, basketball and cricket. By the looks of the talent on display we have some future sports stars in our midst! For a period of six weeks starting in September St Brigid’s NS Tooreen availed of Mayo Sports Partnerships “Little Athletics” programme. This programme gave pupils the chance to experience different aspects of athletics from hurdles to long jump.

On “National Social Inclusion Week”, a sports camp to celebrate this occasion was held in Friary Fields. Social Inclusion week is to support and highlight initiatives throughout the county that foster inclusion and equality. It is an opportunity to celebrate the diversity of people in County Mayo.

Ballinrobe Community Sports Hub

Minister for Community and Rural Affairs Michael Ring recently announced funding of €70,333 for the development of a 2nd Community Sports Hub in Mayo. The objective of a hub is to bring local people together and provide a home for local clubs and sports organisations. The Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved in and engage in a more active and healthier lifestyle.

The first stage of the Ballinrobe Initiative will be the set up of a Sports Network between all clubs and organisations in the area. The first Sports Network Meeting will take place on Monday 4th December at 7.30pm in An Tacu Family Resource Centre Ballinrobe. To confirm your attendance please contact Mayo Sports Partnership at 094 9047025.

Achill and Ballinrobe Sports Coaches complete Community Coaching Programme

A group of jobseekers from Achill and Ballinrobe have just completed a 10 week long specialised sports coaching course which it is hoped will provide them with the tools to coach in the local community or gain some part time employment. The “Goal to Work” Sports Coach Training Programme which ran for 3 days each week allowed trainees to become qualified GAA, Soccer, Rugby, Basketball and Cycling coaches with additional sports modules in child protection, first aid, disability awareness, little athletics and active leadership completed. Other modules included communication skills, progression routes and CV preparation. All of which would help participants to identify possible employment or training opportunities after the 10 week programme.

Trainee coaches also honed their skills and coaching in local Achill and Ballinrobe primary schools giving many children some quality participation experiences. Over 130 sports coaches / leaders have now received training under the Goal to Work programme and are available to assist communities, sports clubs and schools throughout the county.

To find out more about the programme log on to www.mayosports.ie/news or contact Mayo Sports Partnership at 094-9047025 email msp@mayococo.ie
**Fit4Work**

Fit4Work is a Health, Wellbeing and Fitness programme designed for the workplace. The programme comprises a comprehensive timetable of fitness classes for staff and students of Mayo County Council, GMIT Mayo, HSE, MSLETB and Western Care. The programme is no frills with very affordable classes for those who would like to fit in their 45mins of exercise during lunchtime or directly after work. Winter Fit4Work programme has just begun.

For further information contact Community Sports Development Officer Anne Ronayne 0876973587

**Beginners Couch to 5K Programme**

Beginners Couch to 5K programme is ideal for people who are at a low level of fitness and want to try to get off the couch and get moving. This programme is community based and takes place now in 6 different Areas of Mayo i.e. Ballyhaunis, Ballinrobe, Louisburg, Castlebar, Claremorris and Irishtown. Participants by the end of the 8 week programme will walk or jog that 5k distance.

For further information contact Anne Ronayne Community Sports Development Officer 087 6973587

**2nd award for Mayo ‘Men on the Move’**

Mayo Sport Partnership has won a second award for its Men on the Move initiative. The initiative won Chambers Ireland’s Excellence in Local Government Award for Best Health and Wellbeing, adding to previous nods from the Local Authority Members Association Awards and the Public Sector magazine Awards. Charlie Lambert from Mayo Sport Partnership commended Mayo County Council’s Ray McNamara for his work, and said that a “collaborative approach” had been critical to the project’s success.

**“MEN ON THE MOVE” THE BEST MOVE YOU WILL EVER TAKE!**

Men on the Move is now operating in 10 areas across the county Achill, Aughamore, Ballina, Belmullet, Ballinrobe, Ballyhaunis, Ballaghderreen, Castlebar, Crossmolina and Westport. A beginner physical activity programme that targets inactive men aged 30 plus Men on the Move has now expanded to 10 other counties nationwide and is part of a national HSE led study into mens health.

**AUGHAMORE** – Thursdays at 7.30pm Aughamore GAA Club
Contact: John Duffy  086 0696907

**BALLINROBE** – Thursdays at 7.30pm Lakeside Sports Centre
Contact: Lakeside 094 9541364

**BALLYHAUNIS** – Tues & Thurs at 7.30pm Friary Field
Contact: Brian Phillips 086 1652680

**ERRIS** – Mondays at 7.30pm Belmullet Civic Centre
Contact: Michelle Healy 087 7646710

**BALLINA** – Mondays at 7.30pm Ballina Ardnaree GAA Club
Contact: Elmer Pieterse 087 1033965

**CROSSMOLINA** – Tuesdays at 7.30pm Crossmolina GAA Centre
Contact: Shane Keane 083 3030613

**WESTPORT** – Wednesdays at 7.30pm Westport GAA Clubhouse
Contact: Anthony Murray 087 4500802

**ACHILL** – Tuesdays at 7.30pm Achill GAA Clubhouse
Contact : Caroline Mc Loughlin 083 4622082

**CASTLEBAR** – Wednesdays at 7.30pm An Sportlann Castlebar
Contact: Taragh Cosgrove 087-6471919

**BALLAGHDEREEN** - Thursdays at 7.30pm Community Grounds
Contact: Geraldine Finn 086-8105964

If you wish to register for the initiative in the above areas please contact Sports Inclusion Disability Officer Ray Mc Namara 094 9047023, email rmcnamara@mayococo.ie or Text your name to 087 6973093.
Sports Inclusion Summer Camps

This year there were 3 Inclusion summer camps held in Castlebar, Ballyhaunis and Belmullet. The Castlebar camp was a week-long camp held in An Sportslann Castlebar which saw a wide variety of sports and activities for participants both indoor and outdoor. There was a 3-day camp held outdoors in the sports hub in Ballyhaunis from 21st – 23rd August with a bigger emphasis on Social Inclusion. Finally, as part of the Belmullet camp which saw a wider variety of activities such as cooking and art, Mayo Sports Partnership held a Sports Day at the Irish Wheelchair Association.

For details on 2018 camps contact Ray on 094 904 7023 or rmcnamara@mayococo.ie

Learn to Cycle Skills Programme

A very successful Cycle Skills Programme was held in Scoil Raftieri Castlebar over three days in July. The Programme which was ran in partnership with Mayo Sports Partnership, HSE and Enable Ireland was very carefully put together and was ran by a very experienced cycle coach in Gerry Butler. Participants who took part in the programme worked to improve their cycle skills.

If you are interested in learning how to cycle and joining a future programme, please contact Ray on 094 904 7023 or rmcnamara@mayococo.ie

Disability Awareness and Disability Inclusion Training

As part of Inclusion Week in Belmullet Mayo Sports Partnership delivered Disability Awareness Training to the transition year students of St. Brendan’s Secondary School. A total of 46 students took part in the 2-hour work shop that give an understanding to disability from a sport and physical activity perspective. The National Disability Inclusion Training delivered by CARA APA was held in Ballinrobe on 12th September with Goal to Work coaches, club officials and teachers taking part in the course.

If you are interested in training contact Ray at rmcnamara@mayococo.ie

Western Care Activity Group

Pictured at one of the activity sessions held at the Western Care activity programme supported by Mayo Sports Partnership.

Surfing

A highly exciting surfing programme took place over the summer in association with Surf Mayo at Carrowniskey Strand. The programme was for Children with atheism and other learning difficulties. Held on Saturday afternoon Elvis and his surf team at surf Mayo made a huge impression on the participants and the progress that was made was brilliant. Watch out for our 2018 surf programme it is sure to be popular.
Mayo Enjoy a Great Day at the National Go for Life Games day

The Mayo Go for life Games team participated in the national games which were held in DCU on the 10th June this year. The team comprised of participants who had participated at local Go for Life games day over the previous 3 months. These games days are open to all to attend with activity chat and craic all in abundance at the sessions.

If you would like to join in the 2018 programme contact Ray on 094 9047023 or rmcnamara@mayococo.ie

Physical Activity Leader Training (PALs)

PALs training workshop took place in An Sportslann Castlebar in May and October of this year. 25 participants took part in the workshops which was organised by Mayo Sports Partnership and facilitated by Paul Gillan from the HSE. This workshop is a great opportunity for older people to become leaders and learn the tools needed to take back to their groups. If this is something you are interested in contact Ray on 094 9047023 or rmcnamara@mayococo.ie

Go for Life Grant Scheme for Older People Groups

The successful recipients of the 2017 Go for Life Small Grant Scheme for Sport and Physical Activity for older people will shortly be announced. The scheme is aimed at encouraging older people to get active and is used by groups and clubs all over Ireland to buy equipment, run sports events or try new activities. Last year over 1,000 groups and organisations availed of this opportunity. Each grant awarded this year will be between €250 and €700.

Mayo Sports Partnership assists groups in preparing applications or in just dealing with their queries. If your group would like to know more please contact Mayo Sports Partnership at 094-9047025 email msp@mayococo.ie or log on to its website at www.mayosports.ie
Bike Week June 2017

National Bike week was launched in 2009 to raise the profile of cycling as a healthy and fun mode of transport. Mayo’s Bike Week is an integral part of the overall National Bike Week initiative and events throughout the week are organised by the Bike Week committee incorporating Mayo Sports Partnership, Mayo County Council, An Taisce, Smarter Travel and the Road Safety Authority.

Mayo’s 2017 Bike week was yet another very successful and fun-filled week with 23 local events varying from bike workshops, cycling training, bike maintenance and a variety of short family cycle events. This time around Mayo’s Bike Week steering committee organised 6 lunchtime schools cycles throughout Mayo which were a brilliant success and helped to raise awareness around bike safety for children and families.

Sofa2Saddle 2017

This year also saw the introduction of a Sofa 2 Saddle beginners cycling programme in Achill, Ballina, Castlebar and Westport for adults targeting absolute beginners. The aim is to get adults active, promote cycling and an active lifestyle while focusing on bike safety, basic maintenance, confidence building and road instructions. Feedback from all groups was very positive; most participants were first time cycle road users therefore very nervous and lacking confidence. They enjoyed the step by step introduction of new skills as the programme went on especially getting to know their bikes and how to use gears effectively.

There were a respectable number of participants from each group that have linked in with leisure groups in their local cycling clubs. The Westport group continued their weekly meetings and now has a dedicated group of about 10 riders meeting up every week.

Get Ireland Walking Programmes in Mayo

Since the start of the summer 6 communities / groups have been participating in the Get Ireland Walking Programme and have been assisted in developing their groups by Mayo Sports Partnership tutors Deirdre Donnelly and Geraldine Finn. To date 15 groups have participated in the programme across Mayo. Below are the 2017 groups:

- Attymass
- Ballindine / Davitts GAA
- Moygownagh
- Castlebar Arthritis Group
- Kilalla
- Swinford

If you are interested in setting up a walking group / club in your area and to be part of the 2018 Get Ireland Walking Programme contact Community Sports Development Officer Anne Ronayne at 094-9047022 email: aronayne@mayococo.ie

Walking Leader Training October 2017

Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. 12 leaders attending a 2 day training course in Lough Lannagh Castlebar facilitated by Irish Heart Foundation, Sport Ireland and the HSE who subsidised the weekend.

Course content:
- Current physical activity guidelines for adults and how they relate to walking
- The main elements of a health-enhancing walking session
- Prescribing walking programmes suitable for people of different fitness levels
- Advice on issues such as posture, technique, stretching, intensity, clothing, etc.
- Safety issues and risk assessment
- Planning walking sessions and programmes

To find out more about walking leader training contact Community Sports Development Officer Anne Ronayne at 094-9047025 email: aronayne@mayococo.ie

Get Ireland Walking Programme

Since the start of the summer 6 communities / groups have been participating in the Get Ireland Walking Programme and have been assisted in developing their groups by Mayo Sports Partnership tutors Deirdre Donnelly and Geraldine Finn. To date 15 groups have participated in the programme across Mayo. Below are the 2017 groups:

- Attymass
- Ballindine / Davitts GAA
- Moygownagh
- Castlebar Arthritis Group
- Kilalla
- Swinford

If you are interested in setting up a walking group / club in your area and to be part of the 2018 Get Ireland Walking Programme contact Community Sports Development Officer Anne Ronayne at 094-9047022 email: aronayne@mayococo.ie

Walking Leader Training October 2017

Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. 12 leaders attending a 2 day training course in Lough Lannagh Castlebar facilitated by Irish Heart Foundation, Sport Ireland and the HSE who subsidised the weekend.

Course content:
- Current physical activity guidelines for adults and how they relate to walking
- The main elements of a health-enhancing walking session
- Prescribing walking programmes suitable for people of different fitness levels
- Advice on issues such as posture, technique, stretching, intensity, clothing, etc.
- Safety issues and risk assessment
- Planning walking sessions and programmes

To find out more about walking leader training contact Community Sports Development Officer Anne Ronayne at 094-9047025 email: aronayne@mayococo.ie

OPERATION TRANSFORMATION NATIONAL WALKS DAY
Saturday, 13th January, more details in due course
WINTER 2017-18

Organisation/Club  Total Amount

Newport Town Football Club  €300
Claremorris Golf Club  €500
Islandeady Cycling Club  €200
Moy Valley Freestyle Martial Arts  €400
Ballina Athletics Club  €700
Westport Golf Club  €500
Bonniclona Gaelic 4 Mothers  €600
Ballina Tennis Club  €300
Moy Valley Athletic Club  €300
Tooreen Hurling Club  €500
Ballycastle Athletic Club  €500
Kiltmoremoyle LGFC  €500
Claremorris Tennis Club  €300
Killala Squash Club  €500
Currene Sports & Fitness Centre  €400
Achill Jujitsu  €400
Mustang’s Basketball Club  €400
Westport Basketball Club  €500
Castlebar Kayak Club  €800
Ballina Junior Golf Club  €500
Mayo Volleyball Club  €700
Parks Tennis Ballina  €300
Tourmakeady/Partry Swimming Club  €500
Mayo Table Tennis Academy  €800
Breaffy Rounders  €500
Belcarra Handball Club  €500
Westport Squash Club  €400
Ballyhaunis Cricket Club  €400
Castlebar Boxing Club  €500
Claremorris Swimming Club  €500
Mayo Traveller Support Group  €300
Seirbhísí Curam Chil Chomain Teo  €700
Cairde Clubhouse  €400
Mayo Intercultural Action  €400
Charlestown Foroige Club  €400
Bonniclona I.C.A  €500
Erris Womens Group  €600
Westport Special Olympics  €500
Down Syndrome Ireland  €700
Ballina Carers Group  €300
Irish Wheelchair Association Castlebar  €500
Céimeanna Iorras-Inver  €400

Total  €19,900

Special Participation Grant Scheme 2017
Almost €20,000 in funding distributed to 42 Sports and Community groups by Mayo Sports Partnership. At a recent Mayo Sports Partnership Board meeting close to €20,000 was allocated to 42 clubs / organisations in Mayo through the Partnerships 2017 special participation grant scheme. Special guest at a recent presentation evening, Minister of State for Regional Economic Development Michael Ring, commended all involved in grassroots sport throughout the county.

Since 2005 the Partnership has brought an overall investment of close to €7.5 million to developing sport and recreation within the county. Many projects / initiatives involving pre-schools all the way up to older people have benefited from this significant input.

Any further information on the above can be obtained by contacting Mayo Sports Partnership at 094-9047025 or by logging on to www.mayosports.ie

€1,645,977 for 68 sports projects in County Mayo announced by Minister Michael Ring

Mr. Michael Ring T.D., Minister for Rural and Community Development has confirmed that funding in the amount of €1,645,977 has been approved to County Mayo under the Sports Capital Programme.

Minister Michael Ring stated: “I am delighted to confirm that €1,645,977 has been secured for County Mayo under the Sports Capital Programme. This significant funding allocation will benefit people in local clubs/organisations by giving them more opportunities to get involved in sport, whatever their ability. This funding will allow a diverse array of sports clubs and groups to build and improve much-needed facilities, or to purchase sports equipment”.


€128,000 in Dormant Account Funding for MSP announced by Minister Ring

Minister for Community and Rural Affairs Michael Ring announced Dormant Account Funding of €128,000 for Community Sports Hubs in Ballinrobe and Ballyhaunis, Community Sports Coaching and Youth Sport Leadership at a Sports Partnership event in Ballinrobe Golf Club recently.

Details are below:

Ballinrobe Community Sports Hub  €70,333
Community Sports Coaching  €13,333

Ballyhaunis Community Sports Hub  €35,000
Youth Sport Leadership  €10,000

Community Sport and Physical Activity Hubs (CSPAHS): The objective of the CSPAHS is to bring local people together and provide a home for local clubs and sports organisations. The Hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved in and engage in a more active and healthier lifestyle.

Community Coaching: The objective of Community Coaching is to develop coaching skills that provide jobseekers with improved opportunities to avail of job and volunteer opportunities in the sport sector. This programme is focused on successfully assisting unemployed people to gain employment, coaching, volunteering and further education opportunities in the sports sector as coaches, referees, physical activity leaders etc. It provides the participants with practical and theoretical sport-related skills and helps them find relevant work experience in their local community.

Youth Sport Leadership: This programme is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner. It is rolled out by Local Sports Partnerships to teenagers in Transition Year of secondary school or in a community setting.
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
- Spikeball
- Introduction to Athletics
- Be Active After School Activity Programme
- Goal to Work Sports Coach Placement Programme
- Annual Mini Mini 1km Run as part of Mini Marathon
- National initiatives such as Operation Transformation and Bikeweek.

Secondary
- Disability Awareness
- Girls Active
- Youth Leadership Training
- 2nd year Healthy Living Workshops
- ‘It's 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 dependent on available funding streams. If you would like further information on any of the above programmes see www.mayosports.ie or if there is or email msp@mayococo.ie

Girls Active Project 2017

10 schools are participating in a teenage girls physical activity programme. Girls Active is targeted at teenage girls who do not participate in mainstream sport and are given opportunities to participate in activities such as Boxercise, Bootcamp, Zumba Dance, Pilates, Yoga, Aerobics etc. The girls select the activities themselves and classes are delivered by accredited Sports Partnership tutors during lunchtime or afterschool.

If you would like to register your school for the initiative contact Community Sports Development Officer Anne Ronayne at 094-9047022

Primary School Athletics Autumn 2017

Winter Primary School Athletics is a programme developing children’s fundamental skills. Primary Schools from South and East Mayo have availed of this programme which involves children in various athletic disciplines e.g. Long Jump, High Jump, Relay, Hurdles etc. The programme is rolled out at the Claremorris Athletic Centre. Primary schools book their groups on an online system. This programme is ongoing. For further information contact Community Sports Development Officer Anne Ronayne 0876973587

Youth Sport Leadership

Expressions of interest are sought from schools or community groups who would like teenagers to get trained to be youth sports leaders. This 33 hour course, delivered by Mayo Sports Partnership and accredited by Sports Leaders UK, is especially designed to develop generic sports leadership skills for teenagers. The skills can be applied to a variety of sports and recreational situations as well as to the personal development of the learner. As part of their training students deliver their practical sessions to children from local Primary Schools. For further information or to register your expression of interest contact Anne Ronayne Mayo Sports Partnership Tel: 094 9047022 email msp@mayococo.ie

The Daily Mile - Call for New Schools to Get Involved

In 2012 Elaine Wyllie, Headteacher of a large Scottish primary school, realised that her pupils, like many others, were unfit. She introduced the concept of every class doing 15 minutes of a walk, jog or run daily and found the results hugely beneficial. The Daily mile initiative was born and now has become so popular that hundreds of schools in the UK participate in the programme and is also in countries such as Belgium, Holland, the US and now Ireland. The aim of the Daily Mile is to improve the physical, emotional and social health and wellbeing of our children – regardless of age or personal circumstances. The Daily Mile Works! The Daily Mile is successful because it is simple and free: It takes place over just 15 minutes, with children averaging a mile each day. Children run outside in the fresh air – and the weather is a benefit, not a barrier. There’s no set up, tidy up, or equipment required. Children run in their uniforms so no kit or changing time is needed. It’s social, non-competitive and fun. It’s fully inclusive; every child succeeds, whatever their circumstances, age or ability. Mayo Sports Partnership in association with HSE West and the Mayo Education Centre are making a new call for Primary Schools throughout Mayo to participate in this programme. Expressions of interest by schools can be lodged by contacting Mayo Sports Partnership at 094-9047025 or email: msp@mayococo.ie

2nd Year Healthy Living for Ballyhaunis Community School

This November we roll out another 2nd Year Healthy Living Programme at Ballyhaunis Community School. This awareness programme highlights the importance of being active vs the damage that can be caused to young people by Drugs or Alcohol. The programme runs for 4 hours at the school covering 4 workshops which all 2nd years attend. The workshops comprise Team Building, Sports and Recreation, Drugs and Alcohol Awareness Workshop and Being Active & Positive Mental Health workshops. Mayo Sports Partnership has plans to include other schools in this programme in 2018. For further information contact Community Sports Development Officer Anne Ronayne 0876973587

Goal to Work Trained Sports Coaches Available for Placement

Since 2010 Mayo Sports Partnership have trained 130 sports coaches through a community coaching programme funded by the Dormant Account board. These coaches who were either unemployed or working part time went through a 10 week programme to become fully qualified coaches in sports such as GAA, Soccer, Rugby, Basketball, Athletics, Tennis, Cricket etc. As part of their training they were Garda Vetted through Mayo County Council, received First Aid and Disability Awareness training. These coaches are now on a Mayo Sports Partnership database and can be utilised, if available, by schools across the county. If you would like more information about this please contact Mayo Sports Partnership at 094-9047025. Unfortunately Mayo Sports Partnership is unable to fund coach placement in schools.
Westport United Football For All Section

Aims and Objectives:
The aims and objectives of the club are to encourage and promote soccer for children of a variety of abilities and disabilities in all its forms within Westport and beyond. Soccer especially recreational soccer in groups has the capacity to promote physical and mental wellbeing as well as increase social capital and positive community development.

Achievements:
The Football For All section of Westport United has grown from strength to strength in recent months since our first session in early April this year and thanks to the commitment and dedication of the committee who have been proactive in developing the club and promoting the inclusive nature of the club with in the community. The club hosts training sessions once per week for members. These sessions are co-ordinated and supervised by leaders and coaches who are all volunteers and would not be possible without their commitment. Through collaboration between ourselves, FAI, namely Paul Byrne and Oisin Jordon and Sports Inclusion Development Officer Ray Mc Namara from Mayo Sports Partnership the Football For All section of our club has the potential to keep growing with fun games with other likeminded clubs in the future.

Contact has been made with a similar iniative in Galway who we hope to link up with in the New Year with a view arranging matches. Westport United and all involved would like to thank Scoil Phadraig for the use of the school facilities and parents and the positive feedback about the benefits to children's self-esteem and confidence. We would hope other Mayo clubs look to set up similar initiatives as we have witnessed there is a clear demand and need for it, with children and families travelling across the county to attend the Westport United football for club.

Safeguarding

The 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.

With the Childrens First Act becoming legal on the 11th December all clubs will be 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

Coaching Children

Mayo Sports Partnership are also introducing a new series of child centred coaching children workshops which will introduce sports coaches to physical literacy through sport, coaching children how to move and think. These workshops are aimed at anybody who works with children in sport / physical activity ie sports coaches, teachers, youth leaders, community workers etc. Please see our programme of events on the back page of this publication

Coach Education

Mayo Sports Partnership assisted in the delivery of a number of coach education courses during 2017 particularly in minority sports. Courses were held in Ride Leader Training with Cycling Ireland, Level1 Badminton Coaching Award, Foundation Level Basketball, Little Athletics, Level 1 Swimming, Kayak Level 1 and Volleyball. These courses take place as the need arises so please keep an eye on our Facebook page for more https://www.facebook.com/Mayo-Sports-Partnership-2821148733377/
Healthy Mayo Launched

Minister of State for Health Catherine Byrne launched Healthy Mayo recently at Lough Lannagh Castlebar. Healthy Mayo is a commitment from all agencies/stakeholders to improving the Health and Wellbeing of the people of Mayo. Physical activity, mental health, healthy eating and smoking cessation are the main themes of the strategy www.healthyireland.ie

10th National Report of LSP Network published

The findings of the tenth annual Sport Ireland Strategic, Planning, Evaluation and Knowledge (SPEAK) Report on the national network of Local Sports Partnerships (LSPs) were also published today. The SPEAK report provides an overview of the work of the 29 LSPs across the country, and highlights the innovative good practice projects and programmes that are being operated locally. Almost €17.2 million was invested in the LSP network, including benefit in kind funding. Chief Executive of Sport Ireland, John Treacy, said: “One of Sport Ireland’s key priorities for the LSP network is the sustainable development within the local sports infrastructure; this report shows that LSPs are doing vital work with clubs and groups ensuring that structures are in place to allow people across the LSP target groups to participate in sport. I would like to thank all of the agencies, groups and individuals who have contributed to this report, and to those who were involved in the delivery of the programmes and projects at local level.”

To view the full report go to this link http://sportireland.ie/Participation/Local_Sports_Partnerships/SPEAK-Report/SPEAK%202016.pdf

Mayo Sports Partnership wins Public Sector Magazine Award

Following on from the LAMA award for the Men on the Move Initiative Mayo Sports Partnership has just been recognised for excellence in business by the Public Sector Magazine.

The many programmes, including the Aontas Award winning Goal to Work Sports Coach Training Programme and the hugely successful LAMA 2017 award winning Men on the Move Initiative, engaging Men aged 35 plus in physical activities, combine to achieve a hugely successful partnership and in this regard MSP were deserved recipients of the Public Sector magazine’s Best Sporting Partnership award.

Social Inclusion Week 16th – 20th October

Unfortunately due to storm Ophelia the Social Inclusion Seminar due to take place on the 17th October was postponed and is due to take place in the new year at a date TBC. As part of the week Mayo Sports Partnership facilitated a number of events such as Go for Life Games Blitz Days, after school sports camps in Ballyhaunis, county Boccia league, soccer blitz day for adults with a learning disability and physical activity leader training for older people groups. In addition a fun soccer game with local representatives, TDs and members of local media took place on Friday 20th with some funds were raised for the David Gavin Fund.
# WINTER 2017 / 18 PROGRAMME OF TRAINING & EVENTS

<table>
<thead>
<tr>
<th>DATE AND TIME</th>
<th>WORKSHOP / COURSE</th>
<th>VENUE</th>
<th>FEE</th>
<th>FURTHER INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DECEMBER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday 2nd December (12 Noon – 3pm)</td>
<td>Code of Ethics &amp; Best Practice in Sport Awareness Course (Safeguarding Level 1)</td>
<td>Geesala Community Centre</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> T: 094 904 7025</td>
</tr>
<tr>
<td>Mon 4th Dec (7pm – 10pm)</td>
<td>Code of Ethics &amp; Best Practice in Sport Awareness Course (Safeguarding Level 1)</td>
<td>An Castlebar Sportlann</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> T: 094 904 7025</td>
</tr>
<tr>
<td>Mon 4th Dec (7.30pm – 9.30pm)</td>
<td>Ballinrobe Sports Network Meeting</td>
<td>An Tacu Family Resource Centre</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> T: 094 904 7025</td>
</tr>
<tr>
<td>Tues 12th Dec (2.30pm – 5.30pm)</td>
<td>Code of Ethics &amp; Best Practice in Sport Awareness Course (Safeguarding Level 1)</td>
<td>Castlebar College Further Education</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a> T: 094 904 7025</td>
</tr>
<tr>
<td><strong>JANUARY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat 13th Jan at 9.30am</td>
<td>Mayo Operation Transformation Walks</td>
<td>Belmullet, Ballyhaunis, Ballina, Castlebar, Claremorris, Kiltimagh, Westport</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Mon 15th Jan – Sat 24th Feb</td>
<td>Operation “Get Mayo Active” (6 week Programme with communities, groups, clubs throughout Mayo)</td>
<td>Various Locations in Mayo</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Mon 15th – Thurs 18th Jan</td>
<td>Men on the Move re-registration (8 week Programme with communities, groups, clubs throughout Mayo)</td>
<td>Achill, Ballinrobe, Ballaghderreen, Ballina Ballinrobe, Castlebar, Aughamore, Crossmolina, Ballyhaunis, Westport</td>
<td>€25</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Mon 15th-Fri 23rd Feb</td>
<td>Fit4Work (5 week staff/student programme for HSE, GMIT,ETB,MCC)</td>
<td>Castlebar</td>
<td>€25</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:aronayne@mayococo.ie">aronayne@mayococo.ie</a></td>
</tr>
<tr>
<td>TBC(Mid January)</td>
<td>Beginners Couch to 5k Mayo Programme</td>
<td>Ballinrobe, Ballyhaunis, Castlebar, Claremorris, Louiburg</td>
<td>€30</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:aronayne@mayococo.ie">aronayne@mayococo.ie</a></td>
</tr>
<tr>
<td>TBC(Mid January)</td>
<td>Primary School Athletics Programme</td>
<td>Claremorris</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:aronayne@mayococo.ie">aronayne@mayococo.ie</a></td>
</tr>
<tr>
<td>Tues 23rd Jan (7pm –10pm)</td>
<td>Code of Ethics and Best Practice in Sport (Safeguarding 1 Workshop)</td>
<td>Mayo Education Centre</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td><strong>FEBRUARY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 5th Feb 12.30pm</td>
<td>Boccia County League</td>
<td>Breaffy Castlebar</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:rmcnamara@mayococo.ie">rmcnamara@mayococo.ie</a></td>
</tr>
<tr>
<td>Wed 7th Feb (7-10pm)</td>
<td>Childrens Officer in Sport – Safeguarding 2 Workshop (Follow on to Code of Ethics &amp; Best Practice Awareness course)</td>
<td>Mayo Education Centre</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Sat &amp; Sun (10am – 4pm) T.B.C</td>
<td>Occupational Sports First Aid (FETAC level 5) (for Sports Volunteers Primarily)</td>
<td>Ballyheane</td>
<td>€80</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Thurs 8th Feb</td>
<td>Launch of the 9th Western People West of Ireland Women’s Mini Marathon</td>
<td>St Marys Hall GMIT Castlebar</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Wed 15th Feb (7pm –10pm)</td>
<td>Code of Ethics and Best Practice in Sport (Safeguarding 1 Workshop)</td>
<td>Ballina Sports Complex</td>
<td>€15</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
<tr>
<td>Sat 18th Feb 9.30am</td>
<td>Mayo Operation Transformation 5K Run / Walk</td>
<td>Belmullet, Ballina, Castlebar, Claremorris, Westport</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:msp@mayococo.ie">msp@mayococo.ie</a></td>
</tr>
</tbody>
</table>

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 094 904 7025. Thank You.

**Note:** Dates of courses / events may be subject to change. N/A: means non applicable. TBC: means To Be Confirmed