INTRODUCTION

Welcome to the Winter 2018 Mayo Sports Partnership Newsletter. As Chairman of the Partnership I was heartened to see the 2019 budget increase for sport especially the increase in funding for Sport Ireland who are our core funders. This follows on from the launch in August of the National Sports Policy by Minister Shane Ross. The 10 year policy aims to increase participation, develop more excellence and improve capacity with Local Sports Partnerships at the centre of the participation strand. It should lead to more resources on the ground to assist in providing increased physical activity opportunities for those most needy groups in our society. As 2018 comes to a close I would like to take the opportunity to thank all our partners, stakeholders, volunteers, clubs and organisations throughout the county for their collaborative efforts during the year and we look forward to working with you all in 2019. On behalf of the Partnership I would like to wish you a very Happy Christmas and an active 2019.

Cllr Brendan Mulroy
Chairman Mayo Sports Partnership

BALLINROBE BE ACTIVE NIGHT

On Saturday 29th September a fantastic evening of activity took place at the Green Ballinrobe for the #BeActive Ballinrobe event. Organised through Mayo Sports Partnership in collaboration with Ballinrobe Sports Hub the European Week of Sport event encompassed a showcase of clubs / organisations in the town, a Family Mile Challenge and the formal switch on of the improved lighting at the Green by Minister Michael Ring. Many thanks to all the volunteers from all the clubs who helped out on the night and especially to our Ballinrobe Sports Hub coordinator Janette Slattery.
New Community Sports Development Officer Appointed

Head of Mayo Sports Partnership Charlie Lambert welcomes newly appointed Community Sports Development Officer (funded by Sport Ireland) Deirdre Donnelly to the Sports Partnership team, joining Sports Inclusion Development Officer Ray McNamara, Ballyhaunis Sports Hub coordinator Elmer Pieterse, Ballinrobe Sports Hub coordinator Janette Slattery and office administrator Padraic Durcan. Deirdre will have responsibility for our Get Active Programmes including Couch to 5K, Men on the Move, Community Walking Programme, Operation Transformation, Primary School Daily Mile, Secondary Schools Girls Active Programme, Women in Sport Initiatives etc. She will also support smaller National Governing bodies in promoting their sports and also Dormant Account funded programmes such as Youth Sport Leadership Training, Community Coaching, Volunteer Training etc. Deirdre can be contacted directly by phone at 094 9064386 or by email dedonnelly@mayococo.ie

Get Active Programmes

Meet and Train

Meet and Train is an initiative where walkers, joggers and runners can come together for an organised training session under the direction of experienced leaders. Whatever your ability there is a place for you.

Your local Meet and Train Leaders
Ballina: Liz Murphy 0872419309
Westport: Gerry Kilroy 087 9018052
Castlebar: Ann McNell 0868635534
Claremorris: John Timothy 087 9099910
Ballyhaunis: Martin Fitzmaurice 087 2455989
Swinford: Michael Oliver 086 8196511

Women in Sport

About 20×20: 20×20 has the full support of the Federation of Irish Sport and Ireland’s National Governing Bodies and Local Sports Partnerships. What it needs is for you to show your stripes by pledging to do at least one thing to help get us there. To share your pledge idea to make women in sport a greater part of who we are, please visit 20×20 Instagram, Facebook and Twitter. You can also show your support by putting the two stripes on both cheeks and post online using #20x20, #ShowYourStripes and #CantSeeCantBe online.

• 20% more media coverage of women in sport by the end of 2020

• 20% more attendance at women’s games and events by the end of 2020

• 20% more female participation whether at player, coach, referee or administration level by the end of 2020

20×20 is asking all sections of Irish society to show their stripes and pledge one small action to increase the visibility of women’s sport in Ireland because if she can’t see it, she can’t be it.

Active 55!

Aged 55+ and looking for something to do?
Want to feel fitter, have fun, have more energy and meet new people? Why not get involved in Active 55 near you.

Ballina: Jackie 096 70905
Ballina: Ballina Sports Centre
Castlebar: Rosemary 094 78984
Claremorris: Reception 094 9044150
Claremorris: Breaffy Club
Crossmolina: Bernie 086 3904370
Mullingar: Reception 094 36709
Swinford: Margaret 087 4150663

Youth Sport Leadership

Youth Sport Leadership is especially designed for teenagers and is accredited by Sports Leaders UK. Students deliver their practical sessions to children from the local Primary School. This is a 15 hour course.

Contact: Mayo Sports Partnership
094-90-64360

Sofa to Saddle!

Get off the sofa and on to the saddle with our 6-week programme for beginner cyclists. The programme includes Bike Instruction, Safety, Maintenance and 5 sessions. Contact Mayo Sports Partnership - 094-90-64360

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MEN ON THE MOVE

Men on the move is now being delivered in 7 areas around the county including, Aghamore, Ballaghaderreen, Ballyhaunis, Ballinrobe, Crossmolina, Castlebar and Erris.

This programme is for Men aged 35 plus looking to get fit and get active. It is led by a physical activity leader.

If your community is interested in Men on the Move
Contact us here at Mayo Sports Partnership on 0949064360.

Kilmaine Community Walkway

Congratulations to all in Kilmaine on the opening of their Community Walkway by Minister Michael Ring on the 18th June at the community grounds. The .5km loop walk circles the community pitch and is widely used by the local community. Kilmaine are participating in the Community Walking Programme which took place during the summer months. Well done to Brendan Hughes and all the committee for their hospitality on the opening which was also attended by Caitheoirleach Cllr Richard Finn and local councillors Patsy O Brien and Damien Ryan.

Bike Week June 2018

Mayo’s 2018 Bike week was yet another very successful and fun-filled week with approx. 600 participants in 26 local events varying from bike work-shops, cycling training, bike maintenance and a variety of short family cycle events. Similar to last year 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.

Junior Parkrun for Castlebar

Following in the footsteps of Ballina Castlebar junior Parkrun for 4 – 14 year olds will be officially launched on the 6th of January 2019. There is a committee of ten set up to who have completed Garda Vetting with Athletics Ireland and COE Safeguarding level 1. The junior park run is 2K in distance and will be held every Sunday morning at 9:30am at Lough Lannagh. Anyone interested in volunteering can contact us here at Mayo Sports Partnership or Castlebar Parkrun.
Come & Try Sports Day

The June Bank Holiday saw the 3rd annual Come & Try Sports Day held at the Ballyhaunis Gaa grounds with over a 100 Students from National Schools given the opportunity to come and try sports and participate in games from different clubs, giving clubs the opportunity to recruit new members and showcase what they have on offer. This event has grown over the years with more and more clubs participating as well as forming part of the Ballyhaunis Summer Festival adding to the festive atmosphere.

Cage Cricket Ballyhaunis

Mayo Sports Partnership and the Ballyhaunis Sports Hub in conjunction with Active Communities Network and Cage4All recently launched Cage Cricket at Scoil Íosa NS Ballyhaunis on the w-end of 20th – 21st October forming part of Mayo Social Inclusion Awareness week. Community coaches from across Connacht were trained up in the rules of the game on the Saturday with members of the public invited along for the first ever game of Cage cricket played on Irish soil on the Sunday. The new game was a hit with the young crowd, with actor and Cage Cricket co-founder Colin Salmon providing a little extra star power to a great w-end.

Mayo Sports Partnership will be using it as a vehicle to promote social inclusion, physical activity, integration and community involvement by delivering to different community national schools. The game itself is dynamic, played in an enclosed space, it is the only format of competitive cricket played as an individual with one format played across all abilities and ages. Players score points when they bat, bowl and field with the winner having accumulated the most points by the end of the game. It is also played in a fair manner with every player spending equal time in what’s called the Red Zone, running the game making sure all the players abide by the rules eliminating the need for an external umpire or referee. This encourages educational, social and ethical development of both the individual and group by focusing on skills such as leadership, communication, responsibility and respect.

Also in attendance was Cricket Ireland’s participation director Elaine Nolan and she had this to say, “I think Cage Cricket is the perfect vehicle for involvement in the sport in Connacht as well as nationwide, I look forward to investigating how we can grow its reach.”

Go For Life PAL’S Training Workshop

A Go for Life PAL’s training workshop was delivered to a group of 12 participants lead by Paul Gillen, Health Promotion Officer, HSE on 4th October facilitated by Ballyhaunis Sports Hub Co-ordinator, Elmer Pieterse. Go for Life is the national programme for sport and physical activity for older people in Ireland. A PAL is a Physical Activity Leader who is already part of a group or club and is willing to lead activities. PALs lead their local group in things like short exercise routines, fun games, simple dances and sports like pitch and toss. Groups may be an Active Retirement group, a sports club, an ICA group or some social group that meets regularly. Benefits from having a few PALs to lead activities include groups that:

- are healthier and happier and more energetic
- attract more members because they offer a greater variety of activities
- have more chances to meet with other groups
- have access to more information about the Go For Life programme

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Primary Schools Little Athletics Programme

Ballinrobe Sports Hub organised a training course in St Joseph's NS Ballinrobe for primary school teachers. Attended by 12 representatives from the 4 National Schools in the area the course dealt with the FUNdamental movement skills such as balance, coordination, movement, speed etc. All 4 schools received an athletics equipment pack to aid them in delivering the athletics strand of the P.E. curriculum.

Social Inclusion Heritage Walk, Talk and Golf Come and Try

On Thursday 15th Oct as part of ‘Social Inclusion Week’, in partnership with Joanne Hoban (Western Care Association), Ballinrobe Golf Club and Marteen Lane (Tour guide and cultural heritage writer), Ballinrobe Sports Hub hosted an inclusive heritage walk, talk and tour of Ballinrobe Golf Course grounds followed by a ‘Come and Try’ at the Golf Range. Social story and visuals were available. 16 adults and 14 kids were in attendance. The event was a great success, with great positives from all, so much so that plans are in progress to put in place similar events in Ballinrobe the spring, with a stronger focus on Golf and other ‘Come and Try’ sporting activities.

Other events from the hub include: The recent #BeActive event, Men on the Move, Couch to 5k, Little Athletes, Safeguarding and much more.

For further information on upcoming events and activities contact: Ballinrobe Sports Hub Coordinator Janette on 087 609 1463.

Summer Camp 2018

Ballinrobe Sports Hub organized a Little Athletes Camp for Pre School Age 4 and 5 from the 18th - 20th July. Approximately 20 children took part in the initiative which was based on FUNdamentals of movement and physical literacy. The programme was ran in conjunction with Lakeside Athletics Club based at the Green Ballinrobe.
Inclusive Rugby

Coming to Ballina Rugby Club

Ballina Rugby Club will start a touch Rugby session for Children of varying abilities in the coming weeks. This session will run parallel to all other training and will offer participation opportunities for Children of different abilities to come along their local club and enjoy what the club has to offer. The programme is supported by Connacht Rugby and Mayo Sports Partnership. Lyndon Jones Rugby Participation Manager at Connacht Rugby has seen huge success in other clubs in Connacht already, and working with Sports Inclusion Development Officer Ray McNamara sees huge opportunity in Ballina to involve the wider Community in the Club. A weekly session already takes place in preparation for the programme. If you are interested in Joining in in this fantastic opportunity for participation contact Ray at rmnamara@mayococo.ie or 094 9047023.

Unlimited Road Bowling Championships

The Unlimited Road Bowling All Ireland Championships took place from the 11th – 13th September in Aghagower. The event ran from 10am to 2pm over the three days. The event was ran in conjunction with Mayo Sports Partnerships Sports Inclusion Development Officer, Ray McNamara who’s aim is to promote inclusion and participation for everyone of all abilities across the county and National Learning Network who provided staff for members to train and participate in the event.

“The Sports Partnership role is to promote sport for everyone,” “This is another sport for individuals who don’t necessarily get the chance to participate in other sports.

Due to the demand and the interest shown It is planned that a regular club continues for all. For more information contact Ray at rmnamara@mayococo.ie

Inclusive Summer Camp

For Children with a disability and their siblings or friends took Place form Monday 16th July – Friday 20th July in An Sportlann Castlebar. The Children participated in Basketball, Tennis, Soccer, Little Athletics, Gaa, rounders, Boccia and lots of fun games and activities and a fun and action packed week was had by all.

This year’s camp also had yoga for kids and music which added greatly to the experience of the kids. There was also a sensory room for children to relax and wind down which was a first for our camp. Next years camp is planned for the beginning of July and it’s hoped to just as exciting.

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Disability Training Courses

Autism in Sport

Mayo Sports Partnership hosted the new Autism In Sport Workshop delivered by CARA APA as part of Social Inclusion Week. This new course aimed at Coaches, Teachers, Sna’s and groups that would like to or are providing physical activity opportunities for people with Autism. This workshop provided attendees with an understanding of Autism focussing on the delivery of sport. It helped participants to recognise and understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions.

Inclusive Fitness Training

Took Place in Breaffy Health and Leisure club, this 6 hour Course delivered by CARA APA give leisure centre staff the knowledge as to how to include activities for people with a disability and how to make their centre more accessible to all members of the community.

Disability Inclusion Training

Disability Inclusion Training course held in Lough Lannagh Castlebar in October. This is an advanced 6 hour course delivered by Cara APA that equips coaches with the necessary Knowledge as to how to make their coaching sessions more inclusive and include people of varying abilities.

For more information on all our Training courses contact Ray at 094 9047023 or rmnamara@mayococo.ie

No Limbs No Limits Seminar

No Limbs No Limits charts the incredible life story of Joanne O’Riordan who gave us an in-depth look at what’s it’s like to live with the most unimaginable disability. Joanne has over come many barriers, achieved enormous success both in school, at home and within her local community. Angelina Mc Hugh chaired a panel discussion which included Joanne, Peter Gill and Ray McNamara who spoke about participation opportunities in Disability Sport amongst other topics. The evening was organised by Cora Gilligan of Mayo County Council with the help of Ray Mc Namara as part of Social Inclusion Week.

Sport and Disability Update

Tuairisc ar Spórt agus Míchumas

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Age and Opportunity Go for Life Games

Castlebar hosted the latest round of games on the Go For Life Games Programme. People can get involved by either going along to groups that are already playing or if they have a group that would like to get started then we can help get them off the ground and get started.

If you don't know the contacts of the group leaders then the easiest way is to give us a call on 094 9047025 or an email rmcnamara@mayococo.ie in the sports partnership and we will be able to put you in contact with group leaders and get you involved.

Pickleball

The last active age game to be added to the Mayo Sports Partnership Active Age Programme is Pickleball. Pickleball – a paddle sport which is relatively new to Ireland – was invented in the United States in 1965 as a backyard game. It combines elements of badminton, tennis, and table tennis, and has seen a global surge in popularity in recent years, particularly amongst older age-groups.

The mixed-gender sport is played in singles or doubles, on a badminton court, with paddles. It follows a similar manner of play to tennis and has become popular amongst older people, in particular, due to the high-intensity workout achieved from this low-impact sport. There was a huge turn out at the demonstration held in Parke Community Centre on 27th September as part of the European week of Sport held in Conjunction with Age and Opportunity. As a result of the day Parke Young at Heart group plan to take up sport as a regular activity for their group with the help of Ray Mc Namara.

If you would like more information contact Ray at rmcnamara@mayococo.ie

Funding Information

€19,000 in funding distributed to 36 Sports and Community groups by Mayo Sports Partnership

Mayo Sports Partnership Board allocated €19,000 in funding to 36 clubs / organisations in Mayo through the Partnerships 2018 special participation grant scheme. Special guest at a recent presentation evening was Minister for Rural and Community Development Michael Ring, This year the scheme has funded initiatives including mothers and others programmes in Ladies GAA Clubs, new table tennis club in Ballyhaunis, athletic club development in Ballycastle, Ballinrobe and Castlebar, basketball club development in Charlestown, rounders in Breaffy, inline hockey in Castlebar, further development of Mayo Volleyball Club, junior golf programmes targeting disadvantaged in Ballina and Ballinrobe plus much more. Programmes for people with disabilities, community groups in Ballyhaunis, Louisburgh and Westport were also supported under the initiative. The scheme in now closed for 2018 and will open again in March 2019

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

Go for Life Grant Scheme

Applications for the annual Go for Life Grant Scheme closed on the 28th September 2018. Grants are available to all eligible local clubs, groups and organisations that promote increased participation in recreational sport or physical activity for older people as a main element of their activities. Funds permitting, grants awarded will be between €200 and €600. An announcement on successful recipients will take place shortly approximately end of November.

Sports Capital Grant Scheme 2018

The 2018 Sports Capital Application process closed on Friday 20th October. 80 clubs have made applications to the scheme and an additional four applications for regional projects. It is expected that the successful applicants wouldn't be known until April 2019.
What we offer primary 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

The Daily Mile - Will Your School Go the Extra Mile?

Mayo Sports Partnership in association with Athletics Ireland, HSE West and the Mayo Education Centre are making a new call for Primary Schools throughout Mayo to participate the Daily Mile programme. Following the recent launch of the programme in Scoll Iosa Ballyhaunis there is a nation wide drive to get more schools participating in this simple and very effective initiative. Approx 35 Primary schools in Mayo are engaged and these can be seen on the Daily Mile participation map https://thedailymile.ie/participation-map/. If you would like to set up The Daily Mile at your school, please call Nick Skelly at: 085- 801 77 38 or email: dailymile@athleticsireland.ie

Expressions of interest by schools can be lodged by contacting Mayo Sports Partnership at 094 906 4386 or email: msp@mayococo.ie

Primary School Athletics 2018

Axsom sports in conjunction with Claremorris Athletic and Sports club delivered the primary schools athletics programme to 5 schools. There are approximately 100 children attending the primary schools’ athletics programme weekly. The cost of the programme is €2 per child and schools can book via a link on a letter sent to schools, on this schools can select from the calendar which dates suit themselves to attend.

These sessions focus on the fundamentals of athletics and are broadly in line with the primary school PE curriculum. They contain an introduction to running, jumping and throwing and focus on track & field events such as the sprints, hurdles, middle distance, high jump, long jump and shot putt. All activities are appropriate for children of primary school age and stage of development.

For further information contact Community Sports Development Officer Deirdre Donnelly 094 906 4386

Get Ireland Swimming

Swim Ireland in conjunction with Healthy Ireland and the HSE have developed a programme for 3rd and 4th class students to develop their swimming skills. This programme is aimed at schools who are not currently swimming. Swim Ireland will work with your school closely in a pathway to support the programme. They will work with both you and the chosen facility on a day and time that would accommodate you both for the swimming lessons. Each child will be provided with a goodie bag which will include a swimming hat and goggles, this bag is for them to keep.

Contact us here at Mayo Sports Partnership for more information or Grainne at Swim Ireland.
National Sports Policy Launched

Ministers Ross and Griffin launch National Sports Policy 2018 to 2027


The High-Level Goals of the National Sports Policy are:

- Increased Participation, More Excellence and Improved Capacity

Key targets of the National Sports Policy 2018–2027 include:

- Overall participation in sport to rise from 43% to 50% of the population by 2027 (the equivalent of an extra 260,000 people participating in sport)
- More targeted high performance funding to deliver more Olympic/Paralympic medals (From the securing of 13 medals in 2016 to a target of 20 in 2028)
- All funded sports bodies adopting the Governance Code for the Community, Voluntary and Charity (CVC) Sector

Launching the National Sports Policy 2018-2027, Ministers Ross and Griffin reaffirmed the Government’s intention to doubling funding for sport, from €112 million in 2018 to €220 million in 2027. The Government will also seek to deliver greater certainty in funding year-on-year, particularly in respect of Sport Ireland high performance funding.

Development of Sports Hubs a Key Priority for Mayo Sports Partnership

21,004 people participating in 57 local programmes, Dormant Account funding for two Community Sports Hubs in Ballyhaunis and Ballinrobe, Healthy Ireland funding for sports equipment library and Women in Sport seminars, 1,200 people participating in the Operation Transformation Mayo programme, further expansion of the Mayo parkrun network in Claremorris, 2,000 participants in the 8th West of Ireland Women’s Mini Marathon / Primary Schools Mini Mini Fun Run and 42 sports initiatives supported through the annual Special Participation Initiative small grants scheme were key outcomes from the recently published 2017 annual report of the Mayo Sports Partnership.

Full report can be downloaded on this link: http://www.mayosports.ie/media/Media,30982,en.pdf

The Mayo Sports Partnership Office can be contacted at 094-9064360 email: msp@mayococo.ie

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Child Protection in Sport / Safeguarding Training

All clubs are mandated by law to have a Safeguarding statement displayed in their clubs after completing a risk assessment. Mayo Sports Partnerships 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.

Following the Childrens First Act all clubs are legally obliged to have a Child Protection Policy for their club, all volunteers must be Garda Vetted and clubs should have Childrens Officers. Mayo Sports Partnership operates a full programme of safeguarding workshops which can be seen on the Partnerships website www.mayosports.ie/news.

To find out more about safeguarding or to arrange training for your club contact the Sports Partnerships office at 094-9064360.

Community Walking Leader Training Level 1

Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. The course comprises of 1 day of training followed by a 4 walk task to try out your new Walking Leader skills.

16 trainee leaders attended training on Saturday the 24th of November 9am-5pm in Westport GAA Club, Newport Road, Deerpark East, Westport, Co. Mayo. Course content:

- Physical activity guidelines for adults and how they relate to walking
- Structuring a walking session
- Creating a 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
- Practical walking sessions covering a stroll and a faster paced walk

It is hoped that many of these leaders will activate a walking group in their community and maybe participate in the Community Walking Programme through Get Ireland Walking. If you are interested in getting a walking group going in your community in 2019 contact Community Sports Officer Deirdre Donnelly at 094-9064386.

New Coaching Children Workshops Now Available to Clubs, Communities etc

Mayo Sports Partnership are also seeking expressions of interest from communities, clubs etc who would be interested in having their coaches receive a series of child centred coaching 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.

If you would like to find out more about the Coaching Children Workshops contact Deirdre Donnelly Community Sports Development Officer at 094-9064386
Healthy Ireland Funding

Following on from successful delivery of round 1 Healthy Ireland actions round 2 applications for funding were made through LCDC and CYPSC committees. Mayo Sports Partnership were successful on three fronts with walking, cycling and swimming programmes supported. The Partnership are involved in 3 actions namely Mayo on the Move – Girls Active Programme, Coaching Children Workshops Sports Programme for older people and people with disabilities
Health and Wellbeing Coordinator

Operation Transformation 2019

Mayo Sports Partnership is delighted to be working in association with RTE’s Operation Transformation Programme for the ninth year running in 2019. The annual Nationwide Walking Events will take place on Saturday the 12th of January, and we will be holding walks in several locations in conjunction with local parkrun areas. Over 1,200 people took part in the seven Mayo walks in 2018, which are a great way of promoting walking as a fun way to get and stay active. If you plan to hold a walk in your area please let us know and we will add you to our schedule of events. For more contact Deirdre Donnelly Community Sports Development Officer at 094 9064386

OPERATION TRANSFORMATION NATIONAL WALKS DAY
Saturday, 12th January, more details in due course

Gaelic4Beginners

Would you like to try a new activity, maybe you would like to give Gaelic a go? Westport Family & Community Resource Centre in partnership with the Western Regional Drug Task Force, South West Mayo Development Company, Westport GAA Club & Mayo Sports Partnership are starting ‘Gaelic4Beginners’ aimed at young people aged 18-25 years.

The sessions will be fun and relaxed, a chance to meet new people, have a laugh and food will be provided! If you are interested, please the programme commences the 27th November.

For more information contact John at 087 9602490 or Pat at 7400011

New Playground for Belcarra

Congratulations to the Belcarra community on the recent opening of their new playground and riverside walk by Minister Michael Ring recently. This brings to 106 the number of playgrounds and Multi Use Games areas across the length and breath of Mayo. Great credit is due to Mayo County Council and its Parks Superintendent Peter Gill, Councillors, management and all agencies / stakeholders involved in putting this vital infrastructure in place.

Sports Equipment Library

Funded through Healthy Ireland a Sports Equipment Library is being developed which will include an inflatable events arch, timing clock and event distance markers which will be available to be loaned to community groups for a small refundable deposit.

To find out more about our library contact Ray McNamara at 094 9064362 or email rmcnamara@mayococo.ie
# Winter 2018 / 19 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>
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<tr>
<td>TBC 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>
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<tr>
<td><strong>January</strong></td>
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<tr>
<td>Sun 7th Jan</td>
<td>Launch of Castlebar Junior parkrun</td>
<td>Lough Lannagh Castlebar</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a></td>
<td><a href="mailto:dedonnelly@mayococo.ie">dedonnelly@mayococo.ie</a></td>
</tr>
<tr>
<td>Sat 12th Jan at 9.30am</td>
<td>Mayo Operation Transformation Walks</td>
<td>Belmullet, Ballinrobe, Ballyhaunis, Ballina, C/bar, Cmorris, Kiltimagh, Wport</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 14th Jan – Sat 23rd 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 14th – Thurs 17th Jan</td>
<td>Men on the Move re-registration (8 week Programme with communities, groups, clubs throughout Mayo)</td>
<td>Belmullet, Ballaghderreen, Ballinrobe, C/bar, Aughamore, Crossmolina, Ballyhaunis, Wport</td>
<td>€25</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>Mon 14th-Fri 22nd 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:dedonnelly@mayococo.ie">dedonnelly@mayococo.ie</a></td>
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<tr>
<td>TBC (Mid January)</td>
<td>Beginners Couch to 5k Mayo Programme</td>
<td>Ballinrobe, Ballyhaunis, Castlebar, Claremorris,</td>
<td>€30</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:dedonnelly@mayococo.ie">dedonnelly@mayococo.ie</a></td>
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<tr>
<td>TBC (Mid January)</td>
<td>Coaching Children Workshops</td>
<td>Ballinrobe</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:ballinrobesportshub@gmail.com">ballinrobesportshub@gmail.com</a></td>
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<tr>
<td>TBC (Mid January)</td>
<td>Primary School Athletics Workshops</td>
<td>Claremorris</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:dedonnelly@mayococo.ie">dedonnelly@mayococo.ie</a></td>
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<tr>
<td>Tues 22nd 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>
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<tr>
<td>Wed Jan-June</td>
<td>Kids Afterschool Fitness Programme</td>
<td>Ballinrobe</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:ballinrobesportshub@gmail.com">ballinrobesportshub@gmail.com</a></td>
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<tr>
<td>TBC</td>
<td>Fitness Programme for Young Men 18+ in partnership with Mayo Traveller Support</td>
<td>Ballinrobe</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:ballinrobesportshub@gmail.com">ballinrobesportshub@gmail.com</a></td>
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<tr>
<td><strong>February</strong></td>
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<tr>
<td>Mon 4th 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>
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<tr>
<td>Wed 6th 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>
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<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>
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<tr>
<td>Thurs 7th Feb</td>
<td>Launch of the 10th Western People West of Ireland Women's Mini Marathon</td>
<td>The Mall Castlebar</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>Wed 13th 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 16th 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>
<tr>
<td>Feb/Mar TBC</td>
<td>Childrens Officer in Sport - Safeguarding 2 Workshop (Follow on to Code of Ethics &amp; Best Practice Awareness course)</td>
<td>Ballinrobe</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:ballinrobesportshub@gmail.com">ballinrobesportshub@gmail.com</a></td>
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<tr>
<td><strong>March</strong></td>
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<tr>
<td>TBC</td>
<td>Ballinrobe Volunteers Awards Ceremony</td>
<td>Ballinrobe</td>
<td>N/A</td>
<td><a href="http://www.mayosports.ie">www.mayosports.ie</a> <a href="mailto:ballinrobesportshub@gmail.com">ballinrobesportshub@gmail.com</a></td>
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</tbody>
</table>

Further information on courses and applications can be downloaded from our website [www.mayosports.ie](http://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 094 906 4360. Thank You.

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