

**Sports Inclusion**

**Development Officer**

Cavan Sports Partnership would like to welcome Lisa Kelly to the role of Sports Inclusion Development Officer. Over the coming months Lisa will continue to deliver on the objectives of the sports inclusion programme of Cavan Sports Partnership. This programme includes many different projects ranging from increasing participation with the sector to raising the awareness of the need for sports inclusion in the county.

To contact Lisa call 087/2623956 or email [sido@cavansportspartnership.ie](mailto:sido@cavansportspartnership.ie)



**Welcome**

**Welcome to the Cavan Sports Partnership Spring 2010 newsletter. The 2009 programmes of Active Communities, Older & Active and Sports Inclusion are continuing into 2010. This year has begun with a number and exciting initiative's being introduced to Cavan, the Peace III " Together Through Games" programme, Meet & Train groups for women and a New Age Kurling league for older adults. I would like to welcome new sports inclusion development officer Lisa Kelly to the sports partnership.**

**Nadine Crotty, Sports Co-ordinator**

**PEACE III Sporting Initiative—"Together Through Games"**

Cavan Sports Partnership in association with Cavan GAA (Gaelic Athletic Association), Ulster Branch IRFU (Irish Rugby Football Union) and Irish Hockey have launched a new sporting initiative to target primary and secondary schools in Cavan and Fermanagh. The programme, funded by PEACE and Reconciliation III begins in March 2010 and aims to develop relationships among young people from different religions both north and south of the border.

It is hoped that this programme will be extended to other schools in both counties in 2011.



**Meet & Train Groups for Women**

Cavan Sports Partnership will deliver a programme of physical activity for women in different areas of the county. This programme is designed to meet the needs of women in the local community with regard to sport and physical activity. The aim will be to create accessible and cost effective sporting opportunities for all. This programme is being developed in partnership with Killeshandra Family Focus Centre. To book a place contact Killeshandra Focus Family Resource Centre at 049-4364045. The meet and train groups are available to all women in the county and the sports partnership hope to develop in another area in the near future.

# Older & Active Programme



## Go for Life Grants

The Go for Life national grant scheme aims to help local clubs and organisations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities.



The scheme is administered by Age & Opportunity.

Congratulations to the 27 older adult groups in Cavan who received funding this year. Total allocation to Cavan was €12850.

**Cavan Sports Partnership was awarded €1500 from the grant scheme which will be used to run a New Age Kurling league due to commence in March 2010.**



Some of the participants taking part in yoga and dance as part of the Cavan Sports Partnership sports festival which was run in conjunction with the HSE and Positive Age, Cavan in December 2009

## New Age Kurling League for Older Adults



In response to the needs of older and active groups in the county Cavan Sports Partnership, in partnership with HSE and Positive Age Cavan, trained over 40 leaders in the sport of new age kurling. This programme is funded by Go for Life Grants & HSE National Lottery funding.

The sports partnership will be continuing to develop this programme by giving the groups an opportunity to access more leader training and a countywide league will

begin in March of this year. If you want to sign up to the league contact the sports partnership on 049-4378582.

League dates: 23rd March, 2010 & 20th May, 2010

## Go for Life PALs Workshop

The HSE and Cavan sports partnership are please to announce a "Go for Life" Community based physical activity leaders (PALs) training programme for those interested in activities for the over 50s. The programme is targeted at leaders working with or socialising with older adults.

The training programme will run over two different weekends: Friday 26th February & Saturday 27th February and Friday 19th March & Saturday 20th March. (see course section for more information)

If you require any further information about this programme please contact the HSE Physical Activity Coordinator Yvonne Gilsonen on 046-9076400

# Sports Inclusion



## Regional Ice-skating club

The ice skating club was established in August 2009 and is held in the Ice Dome Skating Arena, Dundalk, Co Louth. The club has been very successful and continues to provide a great opportunity for people with a disability. Times for the club/service users 12-1pm on Wednesdays. Participants outside of services 6-7pm on Wednesdays. If you are interested in attending or would like to find out further information please contact the sports partnership.

## U Club

The U Club was set up in March 2009 to provide activities for people with a Physical/Sensory disability aged between 18-30 years. The Club was established in conjunction with Irish Wheelchair Association, Cavan/Monaghan Sports Inclusion Development Officer and Spina Bifida Hydrocephalus Family Support Worker.

To date the club has a Membership of 10-12 participants and growing!! We are always on the lookout for new Members and encourage any young person wishing to meet with their peers in a relaxed, fulfilled environment, to come along and join in. The U Club is run by Leaders made up from the three groups and Volunteers within the Community. All involved have received appropriate training i.e.; Adult/Child protection training, Disability Awareness training, Care skills, Manual Handling training. The Club meet every fortnight, Saturday morning, 10.30- 12.30. Activities include: Wheelchair ice skating; Archery; Table tennis; Boccia; Ten pin bowling; Canoeing; New Age Kurling; Nintendo W11; Music/Karaoke



Activities are both centre based, (IWA Resource Centre) or community based depending on the activity. Participants availed of trips to the indoor ice skating in Dundalk, the Astra bowling Centre Cavan, Tanagh Outdoor Recreational Centre, Ramor Theatre Virginia.

The U Club have also availed of a weekend trip to the Share Centre, Fermanagh as part of IWA Regional Youth weekend.

All activities are person centred; Members take the lead in activities and are part of the planning process. Recently, they have formed their own Committee who will eventually lead the U Club into the future. We welcome new people to join the U Club both as Members or Volunteers. The U Club resumed on January 23<sup>rd</sup> where planning will begin for the years activities. For more information contact the Irish Wheelchair Association on 049-4371212



## GAA Sports Inclusion Day

Cavan GAA Coaching & Games in partnership with RAPID and Cavan sports partnership recently ran a sports inclusion day in Cavan leisure complex for service users.

The day was well attended with over 35 services users joining in the activities. This programme provides participants with the opportunity to take part in GAA games in a safe environment where training was given by GAA development officers.



# Club Development

## 39 Clubs receive funding through Cavan Sports Partnership Club Grant Scheme

Cavan Sports Partnership has released €8,000 in club development grants to 39 sports clubs in Cavan. The aim of the sports grants is to increase participation in sport and physical activity among all persons in Cavan. This year the sports partnership asked clubs to apply for funding based on projects which supported training and education initiatives or participation initiatives.

This years grant scheme will be released in October 2010. Register your club with Cavan Sports Partnership by logging onto [www.cavansportspartnership.ie](http://www.cavansportspartnership.ie)

## Upcoming FAI courses



### Futsal for Youth Programme

The FAI in partnership with Cavan Sports Partnership have begun the delivery of a Futsal training programme county wide.

At present the programme is being run in three venues throughout the county.

For more information on the Futsal programme contact Tom Mohan FAI development officer on 087-41087079 or [Tom.Mohan@fai.ie](mailto:Tom.Mohan@fai.ie)

Fundraising Workshop	Cavan Leisure Complex	TBC
Small sided games workshop	Cootehill Harps	19th April 6.30—9.30pm
Volunteer Management Workshop	Venue TBC	29th April
Strength & Conditioning Workshop	Ballyjamesduff FC	3rd June 7—10pm
Kickstart 1	Cootehill Harps	8th May 9am—4pm
For further information contact FAI RDO Tom Mohan at 08741087079 or email <a href="mailto:Tom.Mohan@fai.ie">Tom.Mohan@fai.ie</a>		

## Cavan/Monaghan Football Development Partnership (FDP)

This partnership was initiated in December 2009 with a role to co-ordinate the development and implementation of a county football and facility strategy in partnership with key local stakeholders ensuring high quality opportunities are available for all. For more information on this partnership contact Tom Mohan FAI RDO on 087-41087079 or email [Tom.Mohan@fai.ie](mailto:Tom.Mohan@fai.ie)

## Underage Soccer for Girls

Cavan Celtic are holding training for girls on Tuesday 23rd February in Cavan Leisure Centre from 7-8pm. This is open to girls aged 7—15years and will run every second Tuesday from this.

Cavan League is running FAI training from Wednesday 24th February in Cootehill FC from 6.15—7.30pm. This training is being given by an FAI development officer and is specifically for girls.

For more information on any of these training contact Ben Wynne on 087-2702183



## Fundamentals and Coaching Training—Cavan Ladies GAA

Cavan Ladies GAA are running fundamentals and coaching training on Saturday the 13th March 2010 in Breffini vocational school, from 10am to 4pm. Anyone interested please contact Martha Brady on 0861723335.

## Gaelic 4 Mothers – Killygarry Ladies G.A.C.

The Gaelic 4 Mothers scheme in Killygarry has been a tremendous success with over 40 ladies now on the register with Killygarry Gaelic 4 Mothers programme which commenced last October. The programme saw the numbers rise each week as word spread around the community and more eager mums took up the challenge.

As well as learning the rules and skills through games and activities during the programme, it is hoped that the mums involved will take another step and get involved in playing on a team or help out at underage level.

The programme finished with a charity challenge match against the under 16 girls who are County Champions. It was a tough encounter spiced up by some mothers lining out against daughters with much unfinished business to be sorted out post match!

The club want to thank all those who supported the event which raised €1500. The mums took a well deserved break and it is hoped to start the programme again in Feb/ March 2010.

The club want to say a special thanks to coaches John Tierney and Louise Smith.



## Community Games

The Community Games organisation has been active in Cavan for over forty years and continues to involve young people in a wide variety of sporting and cultural activities. The aim of the organisation is to provide opportunities for young people to experience a number of disciplines from which they may specialise in a chosen area later on. It also aims to cater for varying talents, hence the inclusion of cultural as well as sporting activities on the programme.

Activities include individual and team events in a variety of age groups. Competitions are held at Area, County Provincial and National level. At the moment preparation is under way to process entries for first phase of indoor competitions for which National Finals will be held 28th to 30th May.

This year Cavan Community Games will host Ulster finals of team events in Cavan town on April 10th and June 26th. These occasions should help to raise awareness of the work of the organisation.

For more information contact county secretary Rosemary O'Reilly on 043-83193 or contact the community games secretary in your area (listed below).

Annagh/Drumlane Community Games	Mags Fitzpatrick	049-9529900
Arva/Cornafean Community Games	Martina Barry	049-4334561
Ballyhaise Community Games	Aine Mc Connell	049-4338489
Ballyjamesduff Community Games	Mattie Boylan	049-8544741
Bailieborough Community Games	Dessie Kearns	042-9666174
Cootehill Community Games	Thersea Mc ardle	049-5552362
Cuchulainns Community Games	Jane Dolan	046-9242717
Erne Valley Community Games	Rosemary O Reilly	043-83193
Killdallan Community Games	Catriona Mc Partland	049-9526738
Kingscourt Community Games	Rosena Donagh	042-9667265
Knockbride Community Games	Elaine Smith	042-9660547
Lurgan Community Games	Brian O Reilly	049-8547971
Shercock Community Games	Margaret Ruxton	042-9669352
Sheelin Community Games	Kathy Lafferty	049-8544780
St. Felims Community Games	Maura Bogue	049-4337946
St. Patricks Community Games	Christy Quinn	049-4371035
Brackley Community Games	Helena MCGovern	049-9523970
Swanlibar Community Games	Collette Mc Govern	049-9521590
Tullacmongan Community Games	Charlene Burns	085-7207115

## Cavan Town Active Communities Project

Cavan Sports Partnership in partnership with RAPID through the assistance of dormant accounts funds have begun an active communities project in the Cavan town area. This programme is designed to increase the opportunity for young people, women and older people to participate in physical activity.

The programme includes dance sessions for young people, aerobics for women and older persons physical activity sessions. The programme also provided the opportunity for young leaders to develop their skills and abilities with participants taking part in active leadership and first aid courses.

The purpose of the Active Leadership course is to provide trained, knowledgeable & enthusiastic community based leaders whose aim it is to encourage more people to become and remain involved in sport & physical activity. The course is fully certified and covers the following topics: Leadership Skills, Safety & Injury Prevention, Code of Ethics, Planning & Organising a 'Sport for All' session, and Programme administration.

Young people enjoying dance classes as part of the active communities project



Local ladies taking part in the aerobics session organised by the sports partnership



Participants accepting their certificates after completing Active Leadership



Older Adults learning new skill in the sport of new age kurling



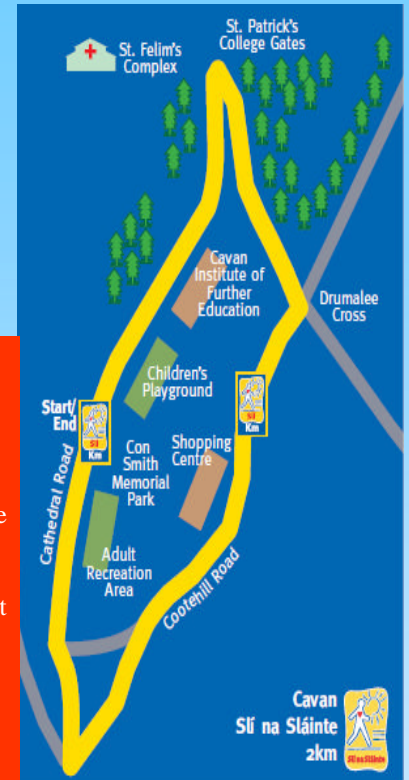
## Sli na Slainte Walking Leader Training

Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in the community or workplace. The course comprises of a weekend of training and then a follow up 4 week walking programme to try out your new walking leader skills.



Residential course		
Cork (Macroom)	5 <sup>th</sup> – 7 <sup>th</sup> March	€100
Cavan (Cavan town)	10 <sup>th</sup> – 12 <sup>th</sup> September	€100
Non residential course		
Laois (Emo)	5 <sup>th</sup> – 7 <sup>th</sup> February	€50
Carlow (Carlow Town)	12 <sup>th</sup> – 14 <sup>th</sup> March	€50
Donegal (Letterkenny)	16 <sup>th</sup> – 18 <sup>th</sup> April	€50
Monaghan (TBC)	14 <sup>th</sup> – 16 <sup>th</sup> May	€50

Please email [ebyrne@irishheart.ie](mailto:ebyrne@irishheart.ie) to register or for more information



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for leisure and good health even more enjoyable.

The Cavan Town Slí na Sláinte is a very simple looped route that starts and finishes beside the Con Smith Memorial Park on the Cathedral road.

This is an area of significant natural beauty in an urban environment. The walk proceeds out the cathedral road past the children's playground and Cavan Institute of further education. Turn right at St. Felim's Hospital and St. Patrick's college gates to progress down the foot-path at Cullies, which brings you to Drumalee Cross. Here, take the turn right again to bring you to the end of the Cootehill road; again, turn right and proceed back up the Cathedral Road past the adult recreation area and to the starting point of the route.

## Up for a challenge.....

This year why not challenge yourself with a new sport or try to improve your skill or ability in your current sport.



An Post has joined forces with the Irish Sports Council to encourage communities around the county to get back on their bikes. The An Post Cycle Series includes five events each organized by local sports partnerships, under the auspices of the Irish Sports Council. The An Post Cycle Series includes one tour each month from May to September 2010.

Tour	Date	Contact/Register
Tour of Sligo	10th May	<a href="http://www.sligosportsandrecreation.ie">www.sligosportsandrecreation.ie</a>
Tour de Burren	19th June	<a href="http://www.claresportspartnership.ie">www.claresportspartnership.ie</a>
Heritage Tour of Meath	25th July	<a href="http://www.meathlocalsportspartnership.ie">www.meathlocalsportspartnership.ie</a>
Sean Kelly Tour of Waterford	29th August	<a href="http://www.waterfordsportspartnership.ie">www.waterfordsportspartnership.ie</a>
Cork Tour	11th September	<a href="http://www.cclsp.com">www.cclsp.com</a>

The routes on the An Post cycles vary from 40km family cycles to 160km cycles so there is something for everyone. For more information logo onto [www.anpost.ie](http://www.anpost.ie)



Cavan also hosts its own challenges with events such as the **Breffni 20km challenge** which takes place in August. This event is open to all and participants can walk, jog, run, cycle or even horse ride. For more information check out [www.breffnichallenge.com](http://www.breffnichallenge.com)

Alternatively you could explore one of Cavan's many walks which are outlined in <http://www.cavantourism.com/html/activities/walking.asp>. Or enjoy walks around one of Cavan's national forest parks Dun na Ri in Kingscourt or Killykeen Forest Park.

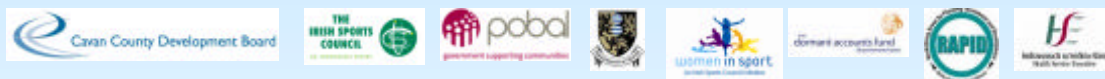
Courses	Events
<b>Code of Ethics/Child Protection workshop</b> Wednesday 24th February 6.30 to 10.30pm Tuesday 27th April 6.30 to 10.30pm Venue: Bridge St Centre, Bridge St, Cavan	<b>Older &amp; Active New Age Kurling League</b> Training 22nd February 10.30am—12pm League dates 23rd March & 20th May <b>Boccia League</b> March 2010—TBA
<b>Children's Officer Training</b> Tuesday & Wednesday 18th & 19th May 6.30 — 9.30pm Venue: Bridge St Centre, Bridge St, Cavan	<b>Soccer Skills</b> Training dates to be announced <b>Women in Sport Meet &amp; Train Dates</b> Killeshandra: Tuesday 7.30-8.30pm—contact 4364065 for more details
<b>Physical Activity Leadership PALs Course</b> Friday 25th & Saturday 27th February Friday 19th Mary & Saturday 20th March Venue: St John Hall, Virginia Times: Friday 6-9pm Saturday 10am—4pm	<b>Funding News</b> HSE Dublin North East National Lottery Funding For application forms logo onto <a href="http://www.hse.ie">www.hse.ie</a> or call 01-8131889 Closing date for applications 5pm Friday 26th March, 2010

**Irish Sports Council have launched their new Strategy 2009-2011 Building Sport for Life: The Next Phase.** The strategy is now available to download on the Irish Sports Council website [www.irishsports council.ie](http://www.irishsports council.ie)

**Contact Us:**

For more information on any of courses or events please contact the sports partnership on **info@cavansportspartnership.ie** or **049-4378582**  
 All courses must be booked in advance.

**Cavan Sports Partnership is supported nationally and locally by**



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