

Training and Education

Games 4 All Training

Cavan and Monaghan Sports Partnerships through their joint Sports Inclusion programme have developed a "Games 4 All" resource pack. Games 4 All aims to support those who deliver physical activity to people with a disability, with the provision of resource cards, games and ideas, training and sports equipment.



The complete resource is ideal for schools, services and clubs who actively promote inclusive sports. The 'Games 4 All' resource pack has been designed to be inclusive, with all the activities and games having been chosen due to their suitability for adults/children with a disability.

The training is being delivered through training workshops for teachers, SNAs, staff, coaches, volunteers or anyone interested in the promotion of inclusive sport.

On completion of the course all participants will receive a Certificate of Attendance.

Programme costs range from €25 - €100 for this 2 hour workshop.



Next course is April 12th, St Aidan's Comprehensive, Cootehill from 7pm-9pm

Disability Awareness in Sport

This workshop is designed to build awareness around people with a disabilities participating in community sport and physical activity.

The workshop is aimed at:

Individuals with an interest in increasing their awareness in sport and physical activity for people with disabilities.

Workshop Certification:

On completion, all participants will receive a Sport Ireland and CARA Centre endorsed certificate of attendance.

Workshop Content:

This interactive workshop will cover perceptions, understanding disability, communication, inclusion and readiness, as well as local programmes for people with disabilities.

Fee: €15

Cavan: March 15th Bridge Street Centre Cavan, from 7pm-9pm

Monaghan: March 22nd Castleblaney Enterprise Centre 7pm-9pm

Limited places available. To book please contact **Dean Mc Elroy, Sports Inclusion Development Officer on 087-2623956**



This workshop is co-ordinated by:



Cavan/ Monaghan Sports Partnerships Sports Inclusion Programme 2016



The Cavan and Monaghan Sports Inclusion Development Programme is a joint initiative which aims to create opportunities for people with disabilities to engage in physical activity and sports. The



programme was launched in 2008 and is supported by Sport Ireland, Cavan County Council and Monaghan County Council. This brochure has been produced to highlight some of the programmes coming up this year.

Line Dancing for adult disability services 4 Week Programme

Monaghan: February 9th Corcaghan Community Centre 11am-12pm



Cavan: February 16th Stradone Community Centre 11am-12pm

Line Dancing is a fun, social physical activity and as its steps are simple and dont involve dancing with a partner, its ideal for non dancers. Cost is €10 per person participating. Limited places available.

Inclusive Multi-Sport Club

In 2015 the sport inclusion programme was delighted to work in conjunction with the Peace Link Sports facility in Clones to initiate an inclusive multi-sport club for children with a disability and their siblings. The club is for children aged 5-16 years and is run on a monthly basis (one Saturday each month)



The next session is taking place

Saturday 13th February Peace Link, Clones 1.30pm-3.30pm

Pre-Registration is essential and Limited Places available. Cost is €4 per child registering. For more information or to register a child please contact the Peace Link Sports Centre on 047-52638.



This project is funded under the European Union III Programme managed by the Special EU Programmes Body

To book a place on any of these programmes please contact : Dean Mc Elroy, Sports Inclusion Development Officer on 087-2623956

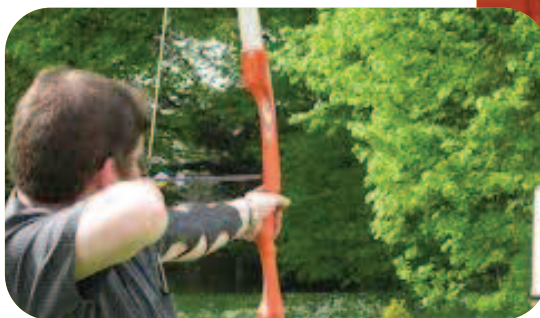
Activity Camp for Adults

Castle Saunderson International Scout Centre, Belturbet
Tuesday 5th April – Thursday 7th 10.30am - 1.30pm each day

This new 3 day activity camp is for adult disability services in both Cavan and Monaghan which will provide participants the opportunity to try inclusive sport and physical activities ranging from Archery, Orienteering, Sitting Volleyball and much more.

Cost is €10 per person participating. Limited places available. *To book places please contact Dean Mc Elroy, Sports Inclusion Development Officer on 087-2623956.*

This activity camp has been kindly supported by IPB Insurance, through their community engagement fund which supports projects rooted in local areas, led by local people to improve the quality of life and promote social integration.



Soccer Skills 5 Week Programme

Cavan: April 12th Tullacmongan Astro Park, Cavan 11.15am-12.30pm

Monaghan: April 19th Gortakeegan Astro pitches, Monaghan 11am-12pm

The initiative caters for adult disability groups within the Cavan/Monaghan Area and is delivered by qualified FAI coaches who will put all participants through their paces over the five weeks, learning and practicing skills such as dribbling, passing, shooting and team work, in a fun and friendly environment. Cost is €10 per person participating. Limited places available.



Inclusive Cycling for children 6 week Programme

Cavan: May 5th Cavan Leisure Centre (Car Park) from 4.30pm-5.30pm and 5.30pm-6.30pm

This inclusive cycling programme is for children with a disability aged 5-17 years and will provide a great source of exercise along with benefits in mobility and independent movement. The course is delivered by the Cycling safety school who will bring bikes and helmets but its recommended for children to have their own bikes which can be adjusted to correct height for the child to facilitate progress. Limited places are available on this programme and pre-registration is essential. Cost is €35 per child for 6 week programme.



Outdoor Bowling for Adults 4 Week Programme

Cavan: May 24th Outdoor Bowling Green, Cavan Town 11am-12pm

Monaghan: May 31st Ballybay Outdoor Bowling Green, 11am-12pm

Participants will get an opportunity to try outdoor bowls in a fun and inclusive environment with tips from experienced players in excellent local facilities. Places are limited for this event and pre-registration is essential. Cost is €10 per person participating. Limited places available.



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