



# Q2 Newsletter 2024

Vol 3: July 2024

Welcome to the SSRP Quarter Two Newsletter where you will find a snapshot of various programmes and events held between April and June and a preview of some of what's coming up over the summer. We extend our appreciation to all our partner agencies, clubs, and communities for their ongoing support in helping us achieve our goal of having 'More People, More Active, More Often'.



## New Outdoor Recreation Officer

SSRP would like to welcome Trish Kane who has recently joined the team as the new Outdoor Recreation Officer. SSRP are delighted to be part of the new three-year pilot programme, funded by the Department of Rural and Community Development and supported by Sport Ireland. The Outdoor Recreation Officer (ORO) is paramount in the realisation of 'Embracing Ireland's Outdoors', the National Outdoor Recreation Strategy. Trish will collaborate with key stakeholders in the outdoor recreation sector locally and will co-ordinate the development of the County Outdoor Recreation Plan for Sligo.

## Outdoor Recreation Conference

The Department of Rural and Community Development and Comhairle na Tuaithe held the inaugural National Outdoor Recreation Conference in Sligo on 27th June. This conference is a crucial part of efforts to implement 'Embracing Ireland's Outdoors', the National Outdoor Recreation Strategy 2023-2027. It presented a unique opportunity to connect with both national and county-level organisations involved in the outdoor recreation sector.



**COMING SOON**

## National Play Day

National Play Day returns to Sligo on Sat 20th July next. Come and join in the free fun for all ages and abilities in Queen Maeve's Square from 11am where there will be multisport, boxing, orienteering, chalk games, storytelling, crafts, face painting, and much more.

**#ActiveSligo**



## Men's Try a Tri

The Sligo Triathlon Club annual men's initiative reached its finale, with a well-supported Try a Tri event in Sligo Regional Sports Centre. Participants received coaching on swimming, cycling, and running twice a week in the build-up to the event. The club coach emphasized, "It's about getting the lads moving one length, one step, and one pedal stroke at a time."

This programme provides a gateway into something challenging but attainable for all the participants by giving them a chance to push their own physical capabilities in a safe and non-competitive setting with the achievement of completing a Try a Tri event.

## Cycle Right Disability Training

in response to several requests from local coaches, volunteers, organisation staff and parents around providing more opportunities for people with a disability to learn to cycle, SSRP linked with Cycling Ireland to deliver a Cycle Right Learn to Cycle with a Disability workshop. The online workshop helped build the capacity of local cycling coaches, healthcare professionals and parents who have an interest in supporting individuals with a disability to learn to cycle.



## Basketball Ireland Intro to Coaching Course



## Sport Ireland Sports Development Conference





# Exciting News for Curry Pool

Curry Outdoor Pool has been granted €25,000 under the Outdoor Swimming Infrastructure Scheme 2024 to complete works for the provision of shower and toilet facilities and improved pool access. This will complement the range of activities taking place there. Pupils from two local schools, Curry N.S. and Moylough N.S. recently completed a full week of daily swimming lessons at the pool. The Irish Branch of RLSS visited to deliver Water Safety workshops to both schools and the community, and there are opportunities for aqua aerobics and swimming lessons for adults on Tuesday evenings.

## The West Goes Running



West Sligo AC's 3K and 5K Series saw enthusiastic participation from runners of all ages, attracting up to 106 athletes per race. The series featured four runs in Easkey, Enniscrone, Stokane and Castleconnor. It is fantastic to see West Sligo AC creating so many opportunities for communities to run through this series, while celebrating community spirit and athleticism across West Sligo.

## Drowning Prevention Week



## Supporting Swimming in Enniscrone



## Razorbacks School Basketball Blitz





## Couch to 3k

SSRP's Couch to 3K programme launched in early June with 30 willing participants registering. Designed for beginners, the programme helped participants transition from walking to jogging, building their confidence, fitness, and stamina. The programme ensures a comfortable and effective progression that empowers participants to reach their fitness goals. Watch this space, as this popular programme will be returning in September!

## Activator Poles comes to Easkey

SSRP teamed up with Easkey Enhancement Association to launch a 4-week Activator Poles programme. The programme fostered community engagement, promoting health and wellness through guided sessions with an experienced instructor. The sessions made exercise accessible and enjoyable for everyone involved. There was a great social element to the programme with the group enjoying a cup of tea and chat after each session.



## Open Water Swimming Sites

SWIM IRELAND OPEN WATER AQUATIC ACADEMY

SLIGO SPORT & RECREATION PARTNERSHIP SPORT IRELAND

SWIM IRELAND An island of swimmers

SLIGO SITES

Dorrins Strand  
Lough Arrow  
Enniscrone  
Curry Outdoor Pool

Book at <https://meandthewater.ie/our-programmes/>

## Summer Outdoor Gym Programme





# Senior Fest Success

The life changing benefits of being active as we age are far reaching. Physical activity for older adults can take on many forms, and this was the case at our recent Seniors Sports Fest. Over 75 older adults embraced the range of activities on offer. These included both standing and chair-based aerobic workouts, activator poles, walking football, pickleball and indoor curling. This year's festival demonstrated the positive impact of being active can have for older people, for both their physical health and mental well-being.

## New GAA All Stars Clubs

The Sligo All Stars Inclusive GAA programme continues to grow with two new clubs joining and developing their club sessions to include children with a disability. Coaches and volunteers from Shamrock Gaels GAA and Tubbercurry GAA participated in Disability Awareness Training to support and guide them on their path to becoming more inclusive.



## Walking Football for Over 50's



Starting 17th July  
contact [fsr@sligorovers.com](mailto:fsr@sligorovers.com)

COMING SOON

## Xcessible Bronze Award



SSRP are currently on their way towards achieving the Active Disability Ireland Xcessible Bronze Award, building a stronger foundation for the inclusion of people with disabilities in all aspects of sport and physical activity in Sligo.

## Participant Stronger for Longer

*"I've been coming to these classes since they started, and I find them very good. I actually had a shoulder problem but since i started these classes, it has come a long way, and it seems to have rectified itself now. I highly recommend the classes for anyone and I'd like to keep it going."*

# Women's Trail Running Series

A successful partnership between SSRP and the Irish Mountain Running Association (IMRA) to increase women's participation in trail running, saw 99 women give trail running a go over three events in Hazelwood, Slish Wood and Union Wood. Many women found the untimed nature of this series a motivating factor for participation, as it took away pressure and created a relaxed atmosphere. Participants have said they are now confident to take part in the IMRA West League which has seen a rise of 10% in female participants to date in races in the Summer West League.

## Women in Leadership

Congratulations to our remarkable women who completed the Women in Sport Leadership Course 2024. Watch these leaders step into sports leadership roles across the county. Stay tuned for our upcoming Women in Sport Leadership networking event, details to follow soon.



## Women On Water



## Women's Try a Tri



Starting 21st August

For more information and how to sign up email [womentrisligo@gmail.com](mailto:womentrisligo@gmail.com)

## Traveller Pride Day





# Girls Active Festival

SSRP hosted the Girls Active Festival in Cleveragh Park, welcoming 162 teenage girls from 10 secondary schools and centres. The event featured taster sessions from 7 National Governing Bodies (NGBs) and showcased the Her Moves project. Participants enjoyed a variety of activities, including dance, pound, pitch and putt, tennis, table tennis, athletics, rugby, boxing, and weightlifting. The festival aimed to inspire and empower young girls through diverse and engaging sports experiences, promoting active and healthy lifestyles.

## Her Moves is Making Waves

Girls between 13 and 17 years from Ursuline College Sligo participated in the Making Waves surf initiative, an official Her Moves programme. The programme offered an exciting opportunity for the girls to learn about surfing and participate in specially designed workshops, fostering confidence and encouraging new physical activity experiences.



## Ag Súgradh Le Cheilé



## Youth Sport West





## Bike Week 2024

Bike Week 2024 took place from 11th to 19th May. A national event co-ordinated locally by Sligo County Council and SSRP, with support from Sligo cycling clubs and community organisations. Bike Week provides a great opportunity to encourage people back on a bike no matter how long it has been since they cycled. Sligo certainly embraced this with over 1,300 participants of all ages and abilities getting on bikes in a range of events across the county during the week.

## HER Outdoors Week Returns

After a great success last year HER Outdoors week is returning from 12th to 18th August. The week will be an opportunity for females to escape to the outdoors and try something new. Sligo has so many incredible outdoor activities on offer, and this should be celebrated to the fullest! Whatever you do, make sure to #FindYourOutdoors. Full details will be listed on the SSRP website in mid-July. Grants are available to outdoor sports clubs to host an event during the week.

COMING SOON



Summerhill Adventure Camp



Schools Kayak Fest



REC 3 First Aid Course