



# Q3 Newsletter 2024

Vol 4: October 2024

Welcome to the SSRP Quarter 3 Newsletter where you will find a snapshot of various programmes and events held between July and September and a preview of some of what's coming up. 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'.

## Congratulations Olympians

SSRP would like to congratulate Sligo's incredible Olympians and Paralympians for proudly representing Ireland on the world stage! Your dedication, perseverance, and inspiring performances have made us all immensely proud. Thank you for being such outstanding ambassadors for our nation. Well done!



## SSRP Annual Report 2023

SSRP has published its Annual Report for 2023. The report reflects on the key outcomes of 2023 and the key work of the organisation which is to have 'More People, More Active, More Often'. The report details the significant progress in achieving this and we look forward to continuing to work collectively towards increasing participation and contributing to active communities across County Sligo. Full report available on the SSRP website.




### Would you like to join the SSRP Coaches Database?



- Sports specific and fitness coaching opportunities.
- Coach on community and school based programmes.
- Coach children / adults / seniors.
- Opportunities to upskill.
- Access to training and education.

**For further information contact:**  
kate@sligosportandrecreation.ie / 071 91 61511




### Call for Nominations to join the Board of Directors of SSRP

**Closing Date for Applications 5pm, Monday 21st October 2024.**

Please visit [www.sligosportandrecreation.ie](http://www.sligosportandrecreation.ie) for further information




#ActiveSligo



# Enniscrone Surf Lifesaving

One of the projects funded under the 2024 Special Projects Participation Grant Scheme was a successful youth surf lifesaving programme for 14-18 year olds at Enniscrone Surf Lifesaving Club. As a result, the participants were able to train at their local club, further develop their skills & confidence and learn new techniques using the correct equipment. Well done to all involved in the initiative.

## Blind Tennis World Champs

Sligo man Stuart Haxell on his participation in the Blind Tennis World Championships...  
*"Unlike any other blind sports I have tried in the past, I feel that blind and visually impaired Tennis gives me the biggest sense of achievement as I am alone on that court. I am not tethered to anyone else, I am not guided by anyone else".*



## Pétanque Club Open Day



## Active Leadership Course

### Active Leadership Award Training

The award is designed to provide trained, knowledgeable, and enthusiastic community based physical activity leaders. Leaders will be equipped to work in a wide range of locations including local clubs, community groups, workplaces, community centres and sports' clubs.



**Friday 8th November**  
6.30pm-9.30pm  
**Saturday 9th November**  
9.00am-5.00pm  
 Sligo Grammar School  
 €40  
 (50% Grant aid available on request for Sligo volunteers)

**COMING SOON**

For more information please email  
DIANE@SLIGOSPORTANDRECREATION.IE

## Remote Rescue Course 3

**REC 3 FIRST AID COURSE**  
 THE COURSE YOU NEED IF YOU WORK OR PLAY IN THE OUTDOORS.

Further information contact  
theresa@sligosportandrecreation.ie  
0719161511 / 0860716829



**STRAND CAMPUS, STRANDHILL, SLIGO**  
 19TH AND 20TH OCTOBER  
 08:30AM TO 6.30PM BOTH DAYS



Discount available for volunteers in Sligo Outdoor Sports Clubs

[HTTPS://REC3SLIGO.EVENTBRITE.IE](https://rec3sligo.eventbrite.ie)



**COMING SOON**



# Adaptive Mountain Biking

Noel Joyce of Adaptive MTB Ireland paid a visit to Coolaney National Mountain Bike Trail Centre in early September and took a spin on the trails with Coillte and SSRP staff. Noel is involved in a project with Cycling Ireland which will see the provision of adaptive mountain bikes available at trail centres across the country. SSRP are happy to be partnering with Noel and Cycling Ireland to have a bike available at Coolaney. Watch this space for more information coming soon. Find out more about Noel and his journey at [www.adaptivemtbiireland.com](http://www.adaptivemtbiireland.com)

## Castleconnor's Men are Moving

The Men on the Move programme returned for the fourth time to Castleconnor Community Centre with a focus on promoting men's health and fitness. The programme offers an opportunity to improve physical wellbeing in a supportive environment. Don't miss out, join the group and stay active! Contact Bernie 087 6164788.



## Coolaney Summer MTB Camp



## Curry's Fair Day Cycling



## Enniscrone Buggy Buddies are back





## Walking Football with Sligo Rovers

Walking Football is increasing in popularity in Sligo. Aimed at people over the age of 50 and promoted in conjunction with Sligo Rovers FC, this new initiative is inspiring an older generation of footballers to rekindle their love of the game. So, if you want to lace back up those boots and get back on the pitch then Walking Football is the game for you!

### Queen Maeve's Couch to 5k

Queen Maeve Square proved to be the perfect venue for the new Couch to 5k programme in partnership with Sligo BID. There were 30 participants who brought energy and fun to the square in the evenings, before putting on high-vis vests and jogging off towards Doorly Park. Keep an eye out for future programmes.



### Lough Arrow Swim



### Stronger for Longer Naomh Molaise Gaels



COMING SOON

### Northside Teenage Girls Boxing



#ActiveSligo



## Surf 4 All at Streedagh

The Surf 4 All programme targets children with more complex disabilities and needs. The power and positive impact of the ocean was evident as described by one mother whose teenage daughter with severe Autism told us, "I can't get over the positive impact it has had on her and us all as a family, she was so relaxed, calm and could tolerate so much more after a session. She listened to everything he told her and as the sessions went on, her confidence grew it gave her a better quality of life. She would jump out of the bed when we showed her visuals that she was going surfing and flapped and laughed the whole way".

## Chair Aerobics in Enniscrone

SSRP were delighted to support West Sligo Family Resource Centre to launch a new inclusive, chair-based exercise programme for older adults. This 6-week pilot project aims to promote health and wellbeing in a comfortable, supportive setting.



## Activator Poles in Sligo Town



## Games For All at Sligo Regional Sports Centre



## Outdoor Pursuits Discovery Summer Camps





## Milestone for Abbey United

Abbey United FC made history by fielding their first-ever women's team in the Sligo Bay Lobster Women's Amateur League. The team played their inaugural match at Sean Fallon Park against Curteen Celtic. While Abbey United fell short in a hard-fought contest, the day marked a proud moment for the club and community, celebrating the growth of women's soccer. It was fantastic to see the players out on the field, showcasing their passion and skill for the game.

## LGBTQ+ Inclusion Training

SSRP were delighted to partner with ShoutOut who offer LGBTQ+ inclusion training for groups. This interactive workshop gave our staff and coaching team a comprehensive introduction to LGBTQ+ terminology and theory, an opportunity to look at why LGBTQ+ participation in sport may be low in some instances, and advice on how to support LGBTQ+ people in their chosen sport.



## Family Fun Event in Merville



## Women's Surf Series



## Women in Sport Leadership Networking Event



SSRP are excited for the upcoming Sligo Women in Sport Leadership networking event, for women who have completed the course to date.



# SSRP SuperValu Athletics Fest

The SSRP SuperValu Primary Schools Athletics Fest saw over 1,200 pupils from 41 schools across Sligo take part in 4 x 100m relays, 200 metres and shot putt events at ATU Athletics Track. To their delight local Olympian Lauren Cadden was in attendance. She shared some inspiring words with them while jumping into photos with many excited children and future Olympians! Massive congratulations to all the children who took part and a huge thank you to all the volunteers and our sponsors who helped make the day happen.

## Schools Rugby Blitz

Sligo Rugby Development Officer and Community Rugby Development Officers held their first Primary School Rugby Blitz of the 24/25 Academic Year. The Blitz took place at Sligo Rugby Club and was attended by a SSRP Community Sport Development Officer. 240 pupils got a chance to give rugby a go, keep an eye out for future events.



## All Stars Girls Youth Programme



## National Play Day



## Her Moves Making Waves





# HER Outdoors Week 2024

A week full of new experiences and outdoor adventures took place for women and girls from 12th to 18th August, celebrating to the fullest the incredible variety of outdoor activities on offer in Sligo. Sailing, kayaking, rowing, surfing, dragon boating, rock climbing, hiking, mountain biking, orienteering, beach walks and ocean dips were on offer. Outdoor clubs and providers in Sligo offer these activities all year round, so make sure to #FindYourOutdoors and #EmbraceYourSpace to discover the joy of outdoor recreation.

## Future planning for Outdoor Recreation

### Sailing for HER Outdoors

### Planning the future

outdoor recreation in Sligo!



Public consultation with regard priorities for the Outdoor Recreation Plan for Sligo will take place in the coming months. In the meantime please get in touch with our Outdoor Recreation Officer Trish Kane at 071-9161511 / 086 2036313 or trish@sligosportandrecreation.ie



### Networking in the Outdoors



### Innisfree Wheelers Bike For Life Course

