



**WELCOME**

I am delighted and honoured to be elected Chairman of the Mayo Sports Partnership and along with Charlie Lambert and his team I am looking forward to continuing the huge strides they have made in promoting all the sporting bodies in Mayo.

We in Mayo are very fortunate to have the quality of board members who give of their time to drive forward and support programs requested by clubs and organisations when they come to the Mayo Sports Partnership.

I am following in the great footsteps of my colleague Cllr Brendan Mulroy who had a great passion for Sport in Mayo as Chairman and will continue to grow the good work he started with the team in the Mayo Sport Partnership. Finally I would like to wish you a very happy Christmas and active new year.



*Michael Loftus*

*Michael Loftus, Chairman, Mayo Sport Partnership.*

**Castlebar Urban Adventure Initiative**  
Launched Saturday 28<sup>th</sup>, September

Mayo Sports Partnership in collaboration with GMIT Outdoor Education Department, Mayo Adventure Experience, Mayo County Council and local stakeholders formally launched the Castlebar Urban Adventure Initiative on Saturday 28th September with a wide ranging suite of **FREE** activities such as Kayaking, Orienteering, Canoe Polo at Lough Lannagh Castlebar.

Funded by the Dormant Accounts Fund through Sport Ireland the aim of the Castlebar Urban Adventure Initiative is to increase the amount of people of all ages undertaking physical activity through adventure sports in the outdoors. It has a particular focus to develop opportunities for people from disadvantaged backgrounds or who may have a disability to engage in outdoor adventure sports in an urban setting.

Speaking of the project, Jarlath McHale the newly appointed Adventure Initiative Coordinator said "our aim is to develop existing clubs and create new clubs to cater for the demand of interest in adventure sports both water and land".

Over the coming months Jarlath will be developing opportunities for all to Kayak using a suite of recently purchased 15 indoor Kayaks for use in the new pool at Lough Lannagh, an orienteering course at Lough Lannagh, a stand up paddleboarding club, a canoe polo club and other initiatives.

For further information contact Castlebar Urban Adventure Initiative co-ordinator Jarlath Mc Hale at 087 1616363 or email: [castlebarurbanadventurehub@gmail.com](mailto:castlebarurbanadventurehub@gmail.com)



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## New Suite of Indoor Kayaks for Castlebar Adventure Project

Castlebar Urban Adventure Initiative partners Charlie Lambert Mayo Sports Partnership, Kevin O Callaghan GMIT and Jarlath Mc Hale Mayo Adventure Experience with representatives from McHale Marine displaying the recently purchased suite of Kayaking equipment. This equipment will form part of new indoor beginners Kayak sessions with Castlebar Kayak Club.

For more information contact Jarlath Mc Hale Castlebar Adventure Hub Coordinator: 087 1616 363.



## Orienteering Course for Primary School Teachers

Primary and Secondary School teachers were invited to attend a FREE training course hosted in Castlebar Leisure Complex by GMIT Lecturer Kevin O'Callaghan in association with the Irish Orienteering Association. The aim and objectives of the course were to introduce teachers to the sport of Orienteering and how it can be applied in the grounds of the school and in conjunction with the school curriculum. This training course provided an opportunity for teachers to enhance their skills and gain the vital experience needed to run a variety of orienteering courses for students in their school or the school grounds.

For more information on orienteering contact Castlebar Adventure Hub Coordinator: 087 1616 363



## Schools Section Rannóg na Scoileanna



## The Daily Mile UPCOMING EVENT

Mayo Sports Partnership are seeking Expressions of interest from Primary schools throughout Mayo to participate in the Daily Mile which involves Classes walking, jogging or running a mile each day. The programme will improve the physical, emotional, social health and wellbeing of all children and help in the battle to combat obesity.



## Tri Heroes

Tri Heroes is a schools-based triathlon programme suitable for primary and secondary school students. Qualified Triathlon Ireland coaches teach the fundamentals of swimming cycling and running in a safe and fun environment. Each Tri-Heroes course takes place over four fun sessions. All Tri Heroes graduates also get to participate in their first triathlon in Castlebar in the Spring. To find out more about Tri Heroes contact Deirdre Donnelly at 087 3910337 or email dedonnelly@mayococo.ie

## Primary Schools Athletics Fest

Mayo Sports Partnership's first Primary Schools Athletics Fest took place on the 14th of June at Claremorris Athletic Track. Ten schools took part in this event over 400 students which included sprints, relays, hurdles shot putt, long jump and javelin, a number of disciplines part of the athletics strand which some of these children had never been exposed to. To find out more contact Deirdre Donnelly at 087 3910337 or email dedonnelly@mayococo.ie

## Youth Sport Leadership Award

Congratulations to the Transition Years in Ballinrobe Community School who completed the Youth Sport Leader Award offered through Mayo Sports Partnership and Ballinrobe SportsHub. The course delivered by tutor Mick Wallace. For expressions of interest contact Mayo Sports Partnership at 094 - 906 4386 or email dedonnelly@mayococo.ie

## Men on the Move

Mayo Sports Partnerships in collaboration with HSE West, Sport Ireland and local community groups / clubs are offering a new "Men on the Move" programme for men in 13 areas across the county. Locations include Achill, Aughamore, Ballaghderreen, Ballina, Ballyhaunis, Ballinrobe, Castlebar, Crossmolina, Claremorris, Erris, Kiltimagh and Swinford

Men on the Move is a beginner physical activity programme that is aimed at adult men to get them active, have fun and improve their fitness levels. It involves:

- weekly physical activity sessions over 8 weeks that are led by a qualified instructor to meet your needs.
- structured physical activity sessions so that you can find a level and pace that suits you.

A national award winning programme in both the Local Authority and Chambers Ireland best health and wellbeing initiative "Men on the Move" was originally piloted in Mayo during 2012 and is now a nationally recognised men's health programme.

Men on the Move will recommence mid January 2020 after the Christmas break if you wish to register for the initiative in the above areas please call the Mayo Sports Partnership office on 094 9064360, email dedonnelly@mayococo.ie or text your name to 087 3910337. Men on the Move, the best move you will ever make!

## Couch to 5k

Couch to 5K kicked off in five locations this Sept. Ballyhaunis, Castlebar, Claremorris, Erris and Ballinrobe with over 150 participants between all four locations. Couch to 5K will run a new term of 8 weeks in January 2020. Keep an eye on Mayo Sports Partnerships Facebook and Twitter pages for updates.

## 16 New Walking Leaders Receive Level 1 Walking Leader Training

Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. On Saturday 2nd November a 1 day training course took place at the new Leisure Complex at Lough Lannagh. The course was delivered by tutor Frank Fahy through the Irish Heart Foundation. To find out more about walking initiatives contact Deirdre Donnelly Community Sport Officer at 094 -9064362 or email dedonnelly@mayococo.ie



## Bike Week 2019

This year National Bike week was held from the 22nd of June to the 30th again a week filled with lots of biking events around the County. National Bike week was at the later time this year in order to coincide with the International Cycling conference taking place in Dublin. #VC19.

The partners involved in this year's bike week along with Mayo Sports Partnership included, Mayo County Council - representatives from the CARO regional office and the Road safety office along with Sports Tourism and a representative from the Roads dept. Also, this year, a little late to the planning stages but a welcomed addition, An Garda Síochána, Community Policing Unit which proved to be welcomed asset when holding our schools cycle's. Twenty-One events took place in Mayo for Bike week, from beginners cycling courses to Family cycles, to Bike Buffets and Night-time cycles there was no shortage of events for all ages to choose from. This year also saw seven very rewarding school cycles with two new schools coming on board. With the help of the steering committee a new link with the community policing unit and the schools was established.





## Ballyhaunis Integration Seminar: Embracing Diversity - A Future Together

On October 18th The Connacht GAA Centre of Excellence Ballyhaunis played host to a national seminar on integration and inclusion. This seminar took place during National Social Inclusion Awareness Week lead by Mayo County Council and two government departments - the Dept. of Justice and the Dept. of Rural and Community Development.

The Government is currently revising policy on integration and inclusion and Ballyhaunis, with its unique demographic and socio-cultural composition with residents of migrant origins making up 60% of the population of the town made it a perfect candidate for hosting such an event.

The day was hailed a huge success with over 200 delegates attending with keynote speakers including ministers David Stanton TD Minister for Equality at the Department of Justice and Equality, Minister Michael Ring TD of the Department of Rural & Community Development. Several guest speakers including Cork Gaa legend Sean Og O hAilpin spoke on the impact of sport as vehicle for integration.

The overall aim of the seminar was to chart what Ballyhaunis has achieved in the area of intercultural integration and develop recommendations for mapping an integrated future for the town and towns of similar composition.

The Ballyhaunis sports Hub have worked closely with community groups in the area on diversity and integration programmes most notably an FAI Asylum Migration and Integration Fund (AMIF) Futsal league programme and very recently a project called Sanctuary Runners, in partnership with the Ballyhaunis Direct Provision Centre with the seminar providing a further platform to build on the connections and partnerships made within the community.



## Sanctuary Runners

September saw the launch of Sanctuary Runners Mayo, a national movement based on solidarity between Irish residents, asylum seekers and refugees. With 1,200 members across Ireland, including over 300 from Direct Provision centres, the initiative uses running to bring people together and raise awareness of the Direct Provision system.

It is already established in Cork, Dublin, Limerick, Sligo, Longford, Killarney, Waterford, Galway, Athlone and Wicklow. The Old Convent accommodation centre in Ballyhaunis caters for 245 residents making it fifth largest Direct Provision centre in Ireland.

"We can't wait to get going in Ballyhaunis," explains Graham Clifford, founder and national co-ordinator of the Sanctuary Runners.

He continued: "This eight-week programme will help people, of all backgrounds and of all abilities, to build up to running 5k in comfort. We hope locals will join those from the Old Convent centre in taking part in this programme."

"Running is one of the easiest ways to meet others and in running shoulder-to-shoulder we share the same space in friendship. For many in our asylum system, especially in smaller towns, the motivation to stay busy can become eroded. Activities and opportunities to meet others can be limited. We in the Sanctuary Runners want to inject energy into local communities so that initiatives inspired by solidarity and respect can bring people together."

On the day of the launch the Sanctuary Runners gathered to kick off the initiative and were joined by local athletics hero Frank Grealley, now the Athletics Ireland Ambassador for the Daily Mile. He said: "There is a lovely reach-out and genuine welcome for everyone from the running community in Ireland. A great example of this is how the running community welcomes, encourages, supports and embraces the Sanctuary Runners groups all over the country."

"Athletics Ireland is a long-time supporter of the Sanctuary Runners and it was a pleasure to join with the Mayo Sports Partnership in Ballyhaunis this week to pledge our support to the Sanctuary Runners in my hometown. Running is a great way to connect communities."

Charlie Lambert, coordinator of the Mayo Sports Partnership, added: "Mayo Sports Partnership, through the Ballyhaunis Sports Hub, is delighted to be associated with the Sanctuary Runners project as it ties in perfectly with our plan to provide more opportunities for people to be physically active and improve participation levels through focusing on key target groups."

"This project responds to the needs of our growing cultural diversity by providing pathways for social inclusion with the prospects of building strong links within the community in a sustainable way whilst increasing physical and mental wellbeing."

To join the Couch-to-5k group in Ballyhaunis contact Elmer Pieterse on 087 3347824 or Tracy Cunnane on 086 0618126.

## Health & Wellbeing Fair

A Health and Wellbeing Fair was held on Saturday 25th of May at the Ballyhaunis Community School Hall with over 300 attendees. This free event formed part of the Healthy Mayo awareness campaign and helped showcase some of the initiatives that have taken place through Healthy Ireland Funding and Mayo LCDC as well as signposting members of the public to services in the area. Croi, the West of Ireland Cardiac & Stroke Foundation, was on hand to provide health screenings and informative talks to members of the public with an array of physical activity demos ranging from Laughter Yoga to Active Dances classes keeping the whole family entertained.

## New Ballyhaunis Sports Hub Co-ordinator

With Elmer Pieterse seconded to the role of Healthy Mayo Co-ordinator Ms Tracy Cunnane from Ballyhaunis has recently been appointed to the role. Tracy brings a wealth of knowledge of the Ballyhaunis area and expertise in getting people active. She will have an office base at the Friary Ballyhaunis and will be able to be contacted by email at [tcunnane@mayococo.ie](mailto:tcunnane@mayococo.ie)

## Ballyhaunis Summer Festival Colour Run

The inaugural running of the Ballyhaunis Colour Run was held on Saturday June 2nd at the Ballyhaunis GAA grounds. The day formed part of the Ballyhaunis Summer Festival held annually on the June bank holiday. The event saw over 100 national school students from the local area participate in a non-timed obstacle course run with colour stations where runners were doused from head to toe in different coloured powder adding to the festive atmosphere.



## Ballinrobe Active Age Sports Fest

This event was hosted in partnership with MSP and Lakeside Gym on Oct 15th as part of Social Inclusion Awareness Week. Four come & Try activities were hosted (Pickleball, Go for Life Games, Active Dance and Pilates) by Ray McNamara MSP SIDO, Deirdre Donnelly MSP SDO and Janette Slattery Ballinrobe CSHDO along with Lakeside Staff and Pilates leader Paula O'Neill and Zumba leader Jen De Rhen. 20 Adults and 10 TY students attended and availed of the activities available. All enjoyed the morning which took place from 10.30am – 1pm. There was considerable interest in Pickleball, so much so that we are hoping to set up a Pickleball club in Ballinrobe with a 'Come & Try' being Hosted November 7th at Lakeside Gym in partnership with MSP.



## European Week of Sport 2019

As part of European week of Sport, a 'NS Youth Come & Try' was hosted in partnership with Lakeside Gym and the Local National Schools. For 2 hours on the Monday morning 17 students from 6th class in Cloonliffen N.S and 28 from St Joseph's N.S took part in activities where they got to try Futsal, Basketball and Badminton. The event was very successful and has resulted in new youth members joining the youth Badminton Club since.



## Yoga and Relaxation

### Ballinrobe C.S, Sept 2019 - For leaving Cert Exam Year Students

Following a meeting with the Schools PE teacher to discuss possible needs/opportunities to engage students in a healthier and more active lifestyle. Various ideas, upskilling and programme partnerships with Ballinrobe Sports Hub were proposed.

- Youth Leadership Workshops – Sept 2019 for 1 TY class – 26 students.
- Continuation of the Physical Health TY Workshops presented by BSH coordinator in partnership with Tacu
- Continuation of the Girls Active Mini Marathon Programme – Building on the success of this year's event
- Activities – boot camps/spinning classes in partnership with Lakeside for 2nd and 3rd years along with TY's
- A programme to help Leaving Cert Exam year to relax, reflect and
- re- energise which is where this programme came from



A local Yoga teacher was sourced and a 5 week programme commenced 20th Sept Friday mornings within the C.S. 20 students (15% male) availed of the workshops. Feedback end of October: Quotes from student: "Really liked it. It would be great if we had it all the time". Quotes and feedback from PE teacher: "The students are really embracing the yoga and look forward to going. Would hope that we could try and make this a regular thing"



## Sport and Disability Update Tuairisc ar Spórt agus Míchumas

### Boccia

Mayo County Boccia League is as competitive as ever. 11 teams from around the county took part at the October meeting in Breaffy Gaa Club. Competition was very intense during play while there was plenty of craic and laughs to be had when teams were not on court. Teams were placed in groups of four with 3 courts playing at the same time; there were strong performances by Tuam Rockets and Ballina A on the day. The competition should be even greater at the next league meeting on the 2nd December as the teams play for the Annual Trophy where they will try and take the title off Parke Young at Heart.

### GAA For All

A Gaa for All day was held in conjunction with Mayo Gaa in Elverys Mc Hale Park on 27th August for adults. The outcome from the day is that there is an 8 week Gaa for All programme taking place every Tuesday at the Castlebar Mitchel's Astro with 36 participants. Thanks to Billy Mc Nicholas, Martin Costello and Owen Sweeney for running the programme.

### Inclusive Summer Camp

For Children with a disability and their siblings or friends took Place in Breaffy Gaa Club from 15th -19th July . 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. For more info contact Ray at [rmcnamara@mayococo.ie](mailto:rmcnamara@mayococo.ie)

### Wheelchair Hurling National League

The Connacht GAA hosted Match Day Three of the M. Donnelly Interprovincial Wheelchair Hurling league on Saturday 24th August in Davitt College Castlebar. The day's events were put together by Connacht GAA along with the support of the Mayo Sports Partnership Match Day 4 of the league now moves onto Leinster GAA which will be hosted in the National Indoor Arena in Abbottstown on 27th October.

### Disability Training Courses

#### Autism in Sport

This event was hosted in partnership with MSP and Lakeside Gym on Oct 15th as part of Social Inclusion Awareness Week. Four come & Try activities were hosted (Pickleball, Go for Life Games, Active Dance and Pilates) by Ray McNamara MSP SIDO, Deirdre Donnelly MSP SDO and Janette Slattery Ballinrobe CSHDO along with Lakeside Staff and Pilates leader Paula O'Neill and Zumba leader Jen De Rhen. 20 Adults and 10 TY students attended and availed of the activities available. All enjoyed the morning which took place from 10.30am – 1pm. There was considerable interest in Pickleball, so much so that we are hoping to set up a Pickleball club in Ballinrobe with a 'Come & Try' being Hosted November 7th at Lakeside Gym in partnership with MSP.

#### Disability Awareness Training

Took Place in Lough Lannagh Sports Complex. Staff were given 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. Pool staff have already completed Disability Inclusion Training. The Facility is massive addition to the Disability Sports sector.

#### Disability Inclusion Training

Disability Inclusion Training course held in Lough Lannagh Sports Complex 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 [rmcnamara@mayococo.ie](mailto:rmcnamara@mayococo.ie)



## Sport and Disability Update Tuairisc ar Spórt agus Míchumas

### Autism Surfing Programme

The summer Autism Surfing programme was a huge success in 2019. Run by Surf Mayo at Carrownisky Strand Louisburgh. 15 participants registered for the programme and their siblings and parents which took place every Sunday afternoon for July and August. Looking forward to 2020 and rolling out the programme again.



### Active Age Programmes Cláir do Dhaoine Scothaosta

### Age and Opportunity Go for Life Games

Castlebar Active Retirement took part in a 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.



### Mayo Go For Life Games Team

Mayo Go For Life Games team participated in the National Go For life Games held in DUC in Dublin in June. The team had a great day and Sean Horkan won Spirit of the Game award at the games. If you are interested in active age contact Ray Mc Namara at [rmcnamara@mayococo.ie](mailto:rmcnamara@mayococo.ie)



### Pickleball

Pickleball is starting to grow within the county with older people's groups who want to be a little more active. A paddle sport created for all ages and skill levels. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. The basics,

- A fun sport that combines many elements of tennis, badminton and ping-pong.
- Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
- Played with a paddle and a plastic ball with holes.
- Played as doubles or singles.

If you are interested in Nordic Walking contact ray at [rmcnamara@mayococo.ie](mailto:rmcnamara@mayococo.ie).



### Nordic Walking

Following on from our Active age Sports Fest in March we held 4 Nordic Walking workshops in Cong, Castlebar, Ballina and Ballyhaunis. 76 people participated in the workshops which lead to a leader training day which was held in An Sportlann Castlebar on 11th September. We are hoping setup Nordic Walking group in different areas of the county going forward. If you are interested in Nordic Walking contact ray at [rmcnamara@mayococo.ie](mailto:rmcnamara@mayococo.ie).





### Over One Million announced for 36 local projects through the 2019 Sports Capital Grants

The Minister for Rural and Community Development Michael Ring recently announced that sports clubs and organisations across Mayo are set to benefit from €1,143,493 investment in 36 local projects through the 2019 Sports Capital Grants. A full listing of the grants are given below,

Project Title	Amount
Ardnaree Sarsfields GAA Club	€21,550
Balla Secondary School	€68,737
Ballina Tennis Club Limited	€28,654
Ballina Town FC	€17,155
Ballinrobe GAA Club	€59,856
Ballycastle GAA Club	€59,809
Ballyglass Ass Football & Social Club Ltd	€13,865
Bohola Moy Davitts GAA	€16,059
Breaffy GAA Club	€35,563
Charlestown Sarsfields GAA Club	€4,595
Charlestown Swimming Pool & Recreational Co.ltd	€44,215
Claremorris Boxing Club	€15,945
Claremorris Lawn Tennis Club	€55,240
Claremorris Squash Club	€4,445
Conn Rangers Ltd.	€48,208
Crossmolina AFC	€10,912
Cumann Liathróid Láimhe Thuar Mhic Éadaigh	€4,016
Eastern Gaels GAA Club	€19,022

Project Title	Amount
Gaelscoil Uileog de Búrca	€50,011
Garrymore GAA	€54,304
Killala Sports & Social Club Ltd aka Killala AFC	€49,952
Kilmaine Community Recreational Trust Company CLG	€20,254
Kilmurry Youths Soccer Club	€6,306
Lahardane MacHales GAA Club	€20,199
Mayo County Council	€7,057
Mayo Gaels GAA	€26,662
Mayo,Sligo & Leitrim E.T.B.	€60,849
Mulranny National School	€29,683
Mulranny/Tiernaur Amenity Centre Ltd	€3,036
Neale GAA Club	€62,006
Partry Athletic FC	€21,667
Shrulle Community Sports Field Ltd	€75,149
Swinford Amenities Development Ltd	€31,606
Templemary National School	€37,592
WESTPORT BASKETBALL CLUB	€3,649
Westport Golf Club	€55,665
<b>Total</b>	<b>€1,143,493</b>

## 2018 Mayo Sports Partnership Annual Report

15,588 people participating in 89 locally delivered programmes, 2165 female participants in 10 Women in Sport Programmes, Dormant Account funding for two Community Sports Hubs in Ballyhaunis and Ballinrobe, funding for the establishment of an Urban Adventure Sports Initiative at Lough Lannagh Castlebar were just some of the key outcomes from the recently published 2018 annual report of the Mayo Sports Partnership.

See report here [http://www.mayosports.ie/media/Media\\_32564\\_en.pdf](http://www.mayosports.ie/media/Media_32564_en.pdf)  
 Launching the 2018 report outgoing Sports Partnership Chairman Cllr Brendan Mulroy paid tribute to the fantastic voluntary work which takes place across the length and breadth of the county. The report, describing the workings of the Sports Partnership during 2018, particularly highlighted the involvement of 596 people with a disability in 20 programmes including the Unlimited Road Bowling initiative run by Aughagower Road Bowling Club.

Other highlights from the report demonstrates that Mayo Sports Partnership and its stakeholders provided physical activity opportunities

for some 9035 children, 2165 women participated in 10 local Women in Sport programmes with 904 volunteers attending 40 training & education events.

In addition, the sports umbrella body provided funding support to 100 clubs and 40 community groups 17,652 people were provided with general or specific sport-related information through MSP online, social media or text promotion.

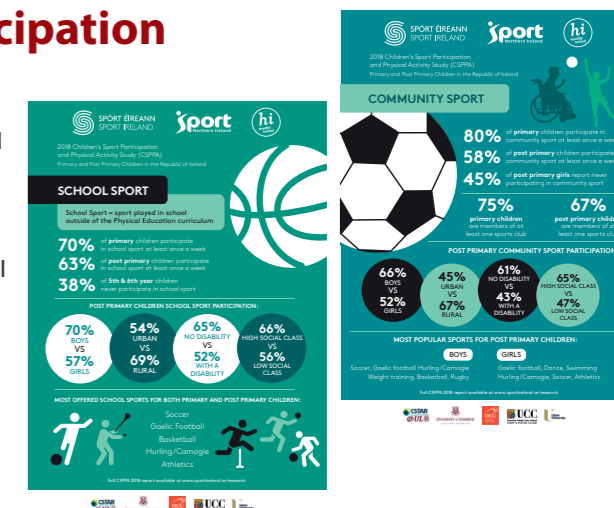
The Mayo Sports Partnership Office can be contacted at 094-9064360 email: [mstp@mayococo.ie](mailto:mstp@mayococo.ie)



## The first all-island Children's Sport Participation and Physical Activity Study published

Sport Ireland, Sport Northern Ireland and Healthy Ireland (through the Healthy Ireland fund) recently published the first all-island Children's Sport Participation and Physical Activity (CSPPA 2018) study. It provides rich insights into the experiences of children and adolescents throughout the island around their participation in physical activity, sport and physical education. The report contains a mixture of positive findings as well as highlighting some significant challenges in the areas of physical activity, sport and physical education. These include:

Only a small minority of children, North and South, are active enough to meet the physical activity guidelines of 60 minutes or more of moderate to vigorous activity per day. The numbers meeting the guidelines decline as children get older. The full Children's Sport Participation and Physical Activity study and the Infographics which summarise all the key results can be downloaded at [www.sportireland.ie/Research](http://www.sportireland.ie/Research).



## Economic Impact of Sport in Ireland Study

Research findings published by the Federation of Irish Sport in partnership with Investec

- Research into economic value of sport in Ireland represents first major evaluation study since 2010
- Key findings include: sports volunteerism valued at €1.1 billion; sport supports €2.7 billion in consumer spending and directly employs 39,500 people
- Sports tourism is worth €500m annually, rising in years when the country hosts major sports tournaments
- Research represents first phase of a comprehensive body of research into the value and impact of sport in Ireland.

For every €100 invested in sport by the Irish Government, the Exchequer receives up to €195 back through taxes on sports-supported expenditures and incomes, according to new research published by the Federation of Irish Sport in partnership with specialist bank Investec.

The Federation of Irish Sport is the representative organisation for the National Governing Bodies of Sport (NGBs) and the Local Sports Partnerships (LSPs) in Ireland. The Federation's has a membership of 107 NGBs and LSPs from all 32 counties.

To download a copy of the report go to <https://www.irishsport.ie/federation-of-irish-sport-publish-investec-economic-research-report-into-the-economic-value-of-sport/?fbclid=IwAR37LCOFyQo0JgH007UQwRt4myJVEjB4OcHbJyUSHlaGHkToDLDme8X-orM>



## Go for Life Grant Scheme

Applications for the annual Go for Life Grant Scheme closed in September 2019. 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 on the 27th November by CEO Sport Ireland John Treacy in the National Indoor Sports Arena Abbotstown Dublin..



## Top Panel Discuss Achieving Success in Sport

As part of the Western Region Drug and Alcohol Task Forces awareness week an excellent night was had at the "Achieving Success in Sport" Seminar in Breaffy House Hotel Castlebar recently. What a pleasure to listen to the experiences and knowledge of Cathriona Mc Kiernan who only started running competitively at 18, Mayo GAA star Colm Boyle, Connacht Rugby player Eoghan Masterson, Mayo Physio John Courell and Brendan Murphy HSE Drug Service West. Big thanks to all who attended, MC Liam Horan, partners, Western Region Drug and Alcohol Task Force, South West Mayo Development Company CLG and Mayo County Council



## Achieving Success in Sport, what does it take? Colm Boyle and Catherina McKiernan to Headline Sports Seminar

Former world championship cross country silver medalist Catherina McKiernan and Mayo GAA All Star Colm Boyle are two of the sports stars to speak on Achieving Success in Sport – What does it take? - a free, public seminar taking place in Breaffy House Hotel on Wednesday, November 13th starting at 7:30 pm.

They will be joined by John Courell Mayo GAA physio and Connacht rugby star Eoghan Masterson. The seminar will be chaired by well-known GAA commentator Liam Horan. Also speaking is Brendan Murphy, Drugs Service Regional Training Officer with the HSE and expert on substance use within sport.

The seminar is organized by the Western Region Drug and Alcohol Task Force (WRDATF), Mayo Sports Partnership (MSP) and South West Mayo Development Company.

The open forum will explore all aspects of sporting life including issues such as the substance use in sport, the demands and pressures on high performance athletes, the importance of leadership, management and preparation so that teams and individuals can make winning a habit.

"We are really excited about the range and calibre of speakers we have this year. One of the areas we will be looking at is that of substance use in sport and how players, coaches and clubs can respond" said Pat Conway, Mayo Community Liaison worker for the WRDATF.

"I would encourage everyone with an interest in sport – team and individual, competitive and leisure – to attend what promises to be a very informative and enjoyable evening" said Charlie Lambert MSP Coordinator.

To book a place at the seminar, call Mayo Sports Partnership at 094-9064360 or email [msp@mayococo.ie](mailto:msp@mayococo.ie)



## Volunteer of the Year Awards

Massive congratulations from everyone in Mayo Sports Partnership to Mary Dunne from Ballina who received a Federation of Irish Sport Volunteer of the Year Award for her outstanding contribution to swimming. Also congratulations to Sinead Mc Grath Ballinrobe who received an award in equestrian with Ballinrobe Riding club.



DATE AND TIME	WORKSHOP / COURSE / EVENT	VENUE	FEE	FURTHER INFORMATION
<b>DECEMBER</b>				
TBC (7.30pm – 9.30pm)	Ballinrobe Sports Network Meeting	An Tacu Family Resource Centre	N/A	www.mayosports.ie msp@mayococo.ie (094) 904 7025
Wed 4th, 11am	Community Sports Coach Programme End of Course Presentation Event	Lough Lannagh Castlebar	N/A	www.mayosports.ie msp@mayococo.ie (094) 904 7025
<b>JANUARY</b>				
Sat 11th at 9.30am	Mayo Operation Transformation Walks	Belmullet, Ballinrobe, Ballyhaunis, Ballina, C/bar, Cmorris, Kiltimagh, Wport	N/A	www.mayosports.ie msp@mayococo.ie
Mon 13th Jan – Sat 18th Feb	Operation "Get Mayo Active" ( 6 week Programme with communities, groups, clubs throughout Mayo)	Various Locations in Mayo	N/A	www.mayosports.ie msp@mayococo.ie
Mon 13th – Thurs 16th	Men on the Move re-registration ( 8 week Programme with communities, groups, clubs throughout Mayo)	Belmullet, Ballaghdereen, Ballinrobe C/ bar,AughamoreCrossmolina Ballyhaunis, Swinford, Kiltimagh	N/A	www.mayosports.ie 094 9064360 dedonnelly@mayococo.ie
Mon 13th-Fri 14th Feb	Fit4Work (5 week staff/student programme for HSE, GMIT,ETB,MCC)	Castlebar	€25	www.mayosports.ie dedonnelly@mayococo.ie
TBC (Mid January)	Beginners Couch to 5k Mayo Programme	Ballinrobe, Ballyhaunis, Castlebar, Claremorris,	€30	www.mayosports.ie dedonnelly@mayococo.ie
TBC (January)	Coaching Children Workshops	Crossmolina	N/A	www.mayosports.ie 094 9064360 msp@mayococo.ie
TBC(Mid January)	Primary School Athletics Programme	Claremorris	N/A	www.mayosports.ie dedonnelly@mayococo.ie
Tues 21st Jan (7pm –10pm)	Code of Ethics and Best Practice in Sport (Safeguarding 1 Workshop)	Mayo Education Centre	€15	www.mayosports.ie msp@mayococo.ie
<b>FEBRUARY</b>				
Mon 3rd Feb 12.30pm	Boccia County League	Breaffy Castlebar	N/A	www.mayosports.ie rmcnamara@mayococo.ie
Wed 5th Feb (7-10pm)	Childrens Officer in Sport - Safeguarding 2 Workshop <i>(Follow on to Code of Ethics &amp; Best Practice Awareness course)</i>	Mayo Education Centre	€15	www.mayosports.ie msp@mayococo.ie
Sat & Sun (10am – 4pm) T.B.C.	Occupational Sports First Aid (FETAC level 5) (for Sports Volunteers Primarily)	Ballyheane	€80	www.mayosports.ie msp@mayococo.ie
Thurs 13th Feb	Launch of the 11th Western People West of Ireland Women's Mini Marathon	The Mall Castlebar	N/A	www.mayosports.ie msp@mayococo.ie
Wed 12th Feb (7pm –10pm)	Code of Ethics and Best Practice in Sport (Safeguarding 1 Workshop)	Ballina Sports Complex	€15	www.mayosports.ie msp@mayococo.ie
Feb/Mar TBC	Childrens Officer in Sport - Safeguarding 2 Workshop (Follow on to Code of Ethics & Best Practice Awareness course)	Claremorris	€15	www.mayosports.ie 094 9064360 msp@mayococo.ie

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](mailto:msp@mayosports.ie) or phone: 094 9064360, Thank You.

**Note: Dates of courses / events may be subject to change. N/A: means non applicable. TBC: means to be confirmed**