

APPENDIX 3 - SPORTS INCLUSION DEVELOPMENT PROGRAMME 2019

(submitted to the Health Services Executive as a condition of their contribution towards Offaly Sports Partnership's Sports Inclusion Development Programme)

Offaly Sports Partnership's Sports Inclusion Development Programme is supported by



Fáilte / Welcome

Jean Brady (pictured opposite), Offaly Sports Partnership's Sports Inclusion Development Officer (SIDO) continued in her role in 2019

Ms Brady's role was made possible with funding from Sport Ireland, the Health Services Executive and Offaly County Council.

The SIDO's role is to: -

1. support the delivery of physical activity and sport programmes with the aim of increasing the number of people with disabilities (physical, sensory and intellectual; as well as those experiencing mental health difficulties) participating in sport and physical activity); and
2. create opportunities for improved quality of life for other target groups (e.g. older adults, women and girls, and youth at risk) of the Sports Partnership

In an effort to address these objectives, the SIDO has delivered a range of physical activity and sport programmes for 750+ people with disabilities, and other target groups of the Sports Partnership. The following pages will give an overview of the SIDO's work in 2019.

January

Operation Transformation Walk

The National Operation Transformation Walks took place nationwide on January 12th. Offaly Sports Partnership hosted the Offaly walk in Lough Boora. Over 200 people of all ages and abilities took part in the walk. A great morning was had by all.



Sports Inclusion Walking Challenge



The 2019 Sports Inclusion Walking Challenge began on the 23rd January. Walks take place in Birr Castle and Lyods Town Park every Wednesday.

40 participants took part in the challenge from centres in Birr and Tullamore. Participants counted up the distance they covered over eight weeks and were presented with certificates on completion of the challenge at the end of March.

Pickleball Training Day

On 25th January Denise and I attended Pickleball Training. We had a great day learning about the sport and how it can be of benefit to the groups we are working with.

Pickleball is a sport that is played across the US. It can be played by 8 year olds to 80 year olds and is growing in popularity in Ireland. It is a paddle sport that combines elements of tennis, badminton, and ping pong on a badminton court. It is the new kid on the block for the growing older generation who want to get active and have fun as they age.



CAHMS Offaly – Lifestyle redesign Programme

Lifestyle redesign is an innovative occupational therapy treatment approach to building a healthier lifestyle. CAHMS Offaly ran an eight week programme every Wednesday for teenagers between the ages of 14 and 18 attending their service.

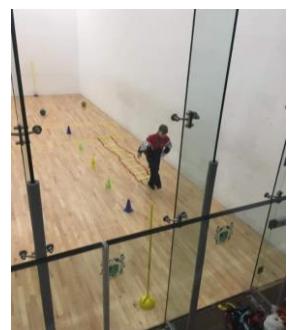
The course included elements of encouraging community engagement, developing functional skills, developing healthy time use and encouraging physical activity and motor skills. I delivered the physical activity aspect of the programme where I introduced the group to new sports and games that they may not have played before.

February



Camcor Warriors Visit

On February 7th I attended Camcor Warrior football for all training session. I met with the committee and the coaches and talked through their plans for the year. The group are making excellent progress. They train every Thursday in Crinkill Ball alley and show a great desire to learn and improve. Well done to all involved.



ASD Multi Sports Programme



The Junior and Senior Sonas class in Daingean NS took part in a six week Multi Sports Programme in February and March.

The children developed a variety of skills and really enjoyed the sessions

Introduction to sports day in Pollagh

On the 8th February Denise, Gary and I held a “come try sports day” in Pollagh.

Older adults in attendance got the chance to learn and play new games such as scooch, activators, pickleball, chair volleyball, boccia and walking football.

Thank you to Frank Fahey from Fit Walk Ireland who attended on the day and ran a really enjoyable activator and scooch session.



EEO Launch 'Together we are Stronger'

I attended the Enhancing Equality Offaly Conference on the 18th February. Enhancing Equality Offaly is made up of Offaly Local Development Company, Muiriosa Foundation, Inclusion Ireland, Laois Offaly Education Training Board, Clara Family and Community Resource Centre, Offaly's Public Participation Network and Reps from RehabCare and The Centre for Independent Living. It was a very informative day where I got to link and network with local disability services



Autism In Sport Workshop

Offaly Sports Partnership held their first Autism in Sport workshop on the 18th February.

The course was fully booked with Club coaches, SNA's, Parents, and Teachers all receiving tips on how to recognise and understand key areas of autism as well as looking at practical strategies which help to include people with autism in sport sessions





People with Disabilities Boccia Blitz

Our people with disabilities Boccia Blitz took place on the 21st February. Over 40 participants from a range of services across PAN disability took part in the blitz.



Participants displayed a high skill level on the day. Congratulations to the Irish Wheelchair Association who were the winners on the day and the National Learning Network 'Mad Hatterz' team who were runners up.

Disability Awareness Training

Disability Awareness Training was delivered to 70 students from Coláiste na Sionna in Banagher on the 27th February. The students were taught how to deliver adapted physical activity games, run tournaments, play and referee Boccia. A big thank you to Geraldine Walsh from the Irish Wheelchair Association who assisted with the training.

20 TY students from Coláiste Choilm also underwent disability awareness training in preparation for their roll out of an interschools programme in four primary schools in Tullamore in March



March

FMS with Susan Crawford



On the 6th March I attended a Functional Movement Session with Dr Susan Crawford from Get Autism Active. It was a very insightful workshop with theory and practical based workshops.

Thank you to Carlow Sports Inclusion Development Officer for offering me a place to attend.



IWA Boccia League Banagher / IWA

The Irish Wheelchair Association participated in a Boccia league with TY students from Coláiste na Sionna in Banagher. The programme began with a training day for the students involving learning how to play and officiate a boccia game. They also learned how to organise and run a tournament. On Tuesday 5th March the first round of the league was held and a great time was had by all. The programme ran over four weeks with the winners presented with the trophy on the final day.

This programme is an excellent way of promoting inclusion while also developing organisation and communication skills among the students. The participants from the Irish Wheelchair Association really enjoy interacting with the students and there is a great element of competition between the teams.

Interschools Programme – Colaiste Choilm



The interschools programme took place throughout March. The programme saw TY students from Colaiste Choilm visit four primary schools in Tullamore where they ran activities and games with the children.

The four primary schools that took part included St Josephs, Ballinamere, Scoil Bhride and Educate Together. There were great reports back from the sessions with both the primary school children and TYs gaining many skills from the programme.

Women in Sport – Leinster Rugby Blitz

In line with our support of the 20x20 campaign there was a great day of rugby on the 13th March at the inter schools' rugby blitz for post primary girls. The blitz was hosted by Leinster Rugby and Offaly Sports Partnership.

In excess of 100 girls from five local post primary schools took part in the U-16 and U-19 competitions. Congratulations to the winners of both categories (Sacred Heart Tullamore) and the runners up (Mercy Kilbeggan) who advance to the Leinster competitions on the 21st March



Activator Pole Training

Activator Pole Training took place on Tuesday 12th and Thursday 14th March. Many thanks to Frank Fahey from Fit Walk Ireland who delivered a very practical workshop.



We hope to start some activator programmes for pwd and older adult groups shortly.

FitKidz activation programme

The FitKidz activation programme began in March and ran until June.

The programme involved occupational therapists from the HSE and I running exercise sessions for pupils from Offaly Special School of Education. Sessions took place in the rugby club on Mondays, Tuesdays and Thursdays.



Colaiste Choilm Interschools Final event

On Wednesday 20th March the final day of the inter-school event was held in Colaiste Choilm Tullamore. This has proven to be a very successful programme which sees pupils from different schools interact and participate together in fun activities that are suitable to their individual ability.



The gym was full on the day with pupils from Scoil Bhride, Educate Together, Ballinamere, Daingean and St Josephs all taking part. Huge thanks to Colaiste Choilm's Mr Cassidy and all the TY students for helping run such a successful programme.

Older Adult Pickleball Introduction in Mucklagh

On Thursday 21st March Denise and I held a workshop in Mucklagh hall on the sport of Pickleball. The workshop provided the participants with an opportunity to get experience and play and learn the rules of Pickleball.

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping pong on a badminton court. It is proving to be a popular sport for older adults but can be played by all. There were some very keen and enthusiastic players present, who found the workshop very beneficial and will begin to play it in their active retirement groups



April

National Council for the Blind in Ireland (NCBI), Offaly branch Gym classes

On Wednesday 3rd April NCBI members resumed their gym programme in Aura Leisure Centre Tullamore. This is an excellent programme where participants have the opportunity to experience a range of classes including spinning, light weight exercises, core strengthening and flexibility exercises. This is also a great way to promote social inclusion and integration in leisure facilities.



Irish Wheelchair Association (IWA) / Banagher College Boccia Finals

The final day of the IWA / Banagher college league took place on April 3rd. The semi finals and final were very competitive and a great day was had by all.

Thank you to Banagher College for the continued involvement and support in the programme. Congratulations to IWA 3 who were runners up and Banagher College who won the league and took home the trophy for the year



Over 50s Boccia Finals

The Offaly Sports Partnership Over 50's Boccia League came to an end on Sunday 7th April in Mucklagh Community Centre. This was the final day of the Ladies, Mixed and Mens' Leagues which had been running since September



In excess of 80 people turned out to support the 6 teams who had reached the finals. Congratulations to Clonbullogue Ladies, Crinkle / Birr mixed and Belmont Men A teams who were all victorious on the night. It is great to see the Over 50's Boccia League growing with a total of 26 teams and 135 older adults taking part across the three different categories this year. Congratulations to all teams, finalists and winners on a very successful league.

Civic Reception for Special Olympics Athletes

On April 15th a civic reception was held to recognise the outstanding achievements of Offaly's three special olympic athletes Oisin Feery, Mark Saddler and Damien Breslin.

Swimmer Damien Breslin from Clareen was part of the Irish team that won gold in the 4 x 25-metre freestyle relay event, while Kilcormac's Mark Saddler won gold in the singles ten pin bowling competition, as well as earning a fourth place ribbon in the doubles competition with his team mate Hugh Naughton from Roscommon.

Kayaker Oisin Feery from Tullamore claimed gold in the 200m event and a bronze in the 500m race. A large crowd turned out to congratulate the three athletes on their success and a great night was had by all.



Presentation of Walking Challenge Certificates

On 17th April presentations of the walking challenge certificates were held in Birr and Tullamore. Participants from St Cronan's and St Anne's Services in Birr; and the National Learning Network, Bannon Centre and Muiriosa Foundation in Tullamore all received their certificates.



13 participation certs, 11 bronze certs, 12 silver certs and four gold certs were presented in total. Congratulations to all the participants who took part and completed the walking challenge

May ***Oaklands Edenderry – Mentoring Programme***

On Tuesday 21st May I attended Oaklands Secondary School to deliver mentor training to Ty and 5th year students. The students gained both theory and practical leadership skills on the day which they hope to use in September to engage with the incoming first year students.

Therapeutic Horse Riding



A four week Therapeutic Horse Riding programme took place in May in Whitefield Stables in Rhode.

10 participants took part in the programme. Great feedback was received from both the children and parents. Many thanks to Jeanette and all her team in Whitefield stables for the care and attention they gave each child.

Offaly's Olympian kayaker

. It has been a busy few weeks for Offaly's Olympian kayaker Oisin Feery.

On the 17th May Oisin was an event ambassador who helped launch the 2019 Watersports Inclusion Games. This is a national event which aims to showcase the best of Irish inclusive watersports. The games will take place in Kinsale on the 24th / 25th August.

One week later on the 23rd May Oisin was a guest speaker at The Federation of Irish Sports Annual Conference 2019. Offaly Sports Partnership would like to congratulate Oisin on all his recent events



SIDO Networking Event



On 28th May I attended a networking and consultation event in Blanchardstown.

Speakers from Cara and Sport Ireland gave updates on the national sports policy, LSP case studies on examples of good practice, research into the landscape of participation for people with disabilities and training and education updates.

June
Sport for All day – Scoil Bhride Edenderry

On the 5th of June I ran a ‘Sports for all’ day in Scoil Bhride primary school, Edenderry. The boys and girls in 3rd and 4th and the special classes had the chance to try out adapted activities such as Goal Ball, Boccia, Bucket Ball, Sitting Volleyball, Bowling, Target Throwing and Balance Boards.

The 6th class students also gained leadership skills as they were introduced and shown adaptations of each activity, therefore helping run each station on the day.

Thread +

 Scoil Bhride PS
@scoilbhrideps1

A big thank you to Jean from offaly sports partnership for an excellent ‘sports for all’ day at Scoil Bhride. The boys and girls in 3rd and 4th and special classes had the chance to try out 6 different adapted sports.




Tweet your reply



Disability Inclusion Training



Áine from CARA delivered an excellent Disability Inclusion Training on Saturday 8th June.

Coaches and volunteers who plan to start up and run a GAA for all club in Tullamore GAA took part in the training. The knowledge gained from this course will be very helpfull for the set up and running of the new club going forward.

Sports Leader 2 Training with Community Coaching Programme for Young Women

I delivered a sports Leader level 2 training course to our community coaching group in June.

This course provides leadership, organisational, planning, communication and teamwork skills through the medium of sport. It also gives our coaches the qualifications to lead without direct supervision.

These girls went on to gain valuable experience in leading activities at Offaly Sports Partnerships July Provision Sports Day and Multi Sports Camp.



Tandem Cycling



The National Council for the Blind (NCBI) in Ireland Offaly branch summer tandem cycling programme resumed on the 11th June in Lough Boora.

This is a very successful programme facilitated by NCBI, Wolftrap Cycling Club and Tullamore Cycling Club. The programme takes place once/twice a month. A huge thank you to all those involved for facilitating this programme

Go for life Games Day – Tullamore Mental Health Association

On the 19th June Offaly Sports Partnership in association with Tullamore Mental Health Association held a regional Go For Life Games day.

Teams from Offaly, Laois, Westmeath and Longford took part in flisk, lobbers and scidills competitions. There was over 150 people in attendance on the day. Thanks to Niall Farrelly and all in the Bannon Centre in Tullamore for all their work in organising the day



July

July Provision Sports Day

On July 10th an adapted activities day was held in Tullamore Harriers for 45 children from St Josephs, Ballinamere, Clara, Rahan, Edenderry, Kilcormac and Killeigh schools involved in the July Provision Programme.



Thanks to our community coaching leaders who volunteered on the day. A great day was had by all.

Summer Camp Sport Sessions for people with disabilities

Throughout the summer we assisted many groups with equipment and the set up of fun activities and games:

- the Offaly Association for People with Intellectual Disabilities situated at the Riverside Centre, Tullamore hosted a summer camp for children with physical disabilities where they really enjoyed getting the opportunity to try out new games and activities



- Rehab Care hosted a fun adapted session to celebrate the Summer Holidays. The participants had a great time playing Volleyball, sitting volleyball and Scidils.

Community Coaching programme for young women



In line with the 20x20 campaign, “if she can’t see it, she can’t be it” a community Coaching programme for young women took place from June 10th to July 11th .

The group completed many modules including Sports Leader Award, Rugby Prime, Athletics Assistant, Gaa Foundation, Safeguarding, First Aid , Spikeball, Hockey, Kickstart / PDP 1, Water level 1 skills and AED training courses. They also went on a College trip and gained work experience as part of the course.

This programme was focused on successfully assisting young women to gain the necessary skills to enable them to seek employment, coaching, volunteering and further education opportunities in the sports sector; for example as coaches, referees, physical activity leaders, etc. Most leaders will receive 10 certificates at the presentation evening in September.

Sports Inclusion Day 2019

The annual Sports Inclusion Day in conjunction with The National Learning Network Tullamore and Laois Offaly Education and Training Board took place on the 16th July in Colaiste Choilm, Tullamore.

Over 150 people turned out from a range of services across the county taking part in a variety of activities. Activities were delivered by Tullamore Basketball Club, FAI Offaly, Tullamore Rugby Club, Offaly GAA, Tullamore Tennis Club, SBG Tullamore, Dorinda Cuskelly Dance, Tullamore Garda Station, Offaly Sports Partnership and National Learning Network Tullamore.

Everyone had a great day trying out lots of new activities and finding out what clubs are on offer in the local area. Well done to everyone involved



Multi Sports Camp – Colaiste Choilm

Offaly Sports Partnerships Multi Sports Camp took place on the 17th and 18th July. Children with additional needs and their siblings got the chance to try out a number of sports including Soccer, Tag Rugby, Golf, Wrestling, Badminton, Basketball, Athletics and Boccia. 30 children attended the camp.

Many thanks to all the coaches who delivered adapted sports sessions and to our Community Coaching volunteers who helped run the camp.



Elaine Loughman Well done and huge thanks to all involved. Brill camp. Looking forward to next year!

[Like](#) · [Reply](#) · [Message](#) · 2w

Declan Harvey Well done to all involved ...

[Like](#) · [Reply](#) · [Message](#) · 2w

Tomek Piernicki Great Job 👍

[Like](#) · [Reply](#) · [Message](#) · 2w



Autism In Sport Course

Our second Autism in Sport Course was delivered on the 29th July in Mucklagh Community Centre. 14 people including coaches, SNA's and parents attended the workshop which gave both theory and practical advice about Autism in Sport.

Inclusive Rugby Camp

The Bank of Ireland Leinster Rugby Inclusion Camp took place in Offaly from 30th July 30th to 1st August.

The camp focused on adapting rugby to meet the needs of camp-goers to maximise enjoyment, optimise learning and improve rugby skills. Well done to Leinster Rugby and all the coaches involved on a very successful camp



August Inclusive GAA Cúl Camp

Offaly GAA and Offaly Sports Partnership partnered up to run Offaly's first ever Inclusive GAA Cúl Camp. The camp took place in Bord Na Mona O' Connor Park on the 6th, 7th and 8th August.



27 children with additional needs and their siblings took part in the camp. Well done to all the coaches, volunteers and children involved.

Claire Gaffney Big thank you to all involved Enda had a great time and already Looking forward to next year's camp .

Like · Reply · 2d

Anne Marie O'Halloran Tadhg had a brilliant week at camp, thanks to all involved 🏈⚽️🏀

Like · Reply · 3d

Elaine Loughman Thank you to all involved. Great to have activities for our kids to enjoy at their individual level. Well done to all involved. A great camp

Like · Reply · 3d

Teresa Dunne Thank you to everyone involved in this camp.it was excellent and so inclusive. Each child had such fun and the coaches were so aware of individual needs .Eoghan loved it ..

Like · Reply · 3d

Clare Lawlor Well done to everyone involved - they had a Brill time 😊

Carmel Duncan Flanagan Well done to all the organisers coaches, sna's and those who have made this camp such an enjoyable one for all the children 🤍😊

Like · Reply · Message · 4d

September

Community Volunteer Programme (aka Community Coaching)

On Monday, 16th September, the 17 young women who completed the Community Volunteer Programme during the summer were awarded their certificate portfolio. We were delighted to welcome former Irish rugby player, and newly appointed Sport Ireland Women in Sport Coordinator Nora Stapleton; and former football and camogie star, and current Chief Executive Officer of the Federation of Irish Sport, Mary O Connor to the celebration.



Ms O Connor and Ms Stapleton presented each participant with their certificate portfolio, with each participant receiving a range of foundation and level 1 coaching qualifications in the sports of athletics, basketball, GAA (hurling and football), hockey, rugby, soccer (FAI), volleyball, water sports (level 1 kayak skills); as well as safeguarding (child protection), sports first aid including heartsaver CPR and AED, and Sports Leader UK Sport Leader 2.

IWA Junior Club

On the 16th of September the first session of establishing a new IWA Junior club for the Offaly and Laois area took place in Clonaslee Community Centre. Introduction sessions took place for 6 weeks. It is hoped the club will get back up and running in Tullamore in the New Year.

Mens Sheds Information Day

On Wednesday, 18th September I hosted an information stand at the Offaly Mens' Sheds Showcase.

It was great to meet with different groups on the day and inform them of the benefits of physical activity and show them the variety of programmes and activities we have on offer for mens groups.



Couch to 5 Tags in Edenderry

On Wednesday, 18th September our Couch to 5 Tags programme in conjunction with Leinster Rugby and the Bannon Centre in Tullamore began once again in Edenderry.

It was great to see some new faces to the programme this year. Many thanks to the Acorn project for use of th eir astroturf area



Sports Inclusion Disability Officer Network CPD & Training Event

On Tuesday, 24th September CARA (the national organisation providing a collaborative platform to enhance sport and physical activity opportunities for people with disabilities) held their national meeting for SIDs in Tralee I.T. The event provides an opportunity for SIDs to share ideas and practices for working in the field of sports inclusion. It also provides an opportunity for SIDs to meet and discuss programme ideas and work plans.



This year's guest speakers included America's Dr Lauren Lieberman who is an expert in the world of physical activity and sports for individuals who are blind, visually impaired and deafblind; Dr Lynn Anderson, director for the Inclusive Recreation Resource Center also gave insight into new Inclusion models and apps which can be used here in Ireland.

Community Food Initiative event in St. Broghan's NS, Bracknagh



On Friday, 27th September, I attended an Offaly Local Development Community Food Initiative in St Broghan's NS where I led a physical activity session for the school children.

The pupils took part in activities which worked on fitness, balance and hand eye coordination

October Age Friendly Showcase

On Tuesday, 1st October I attended the Age Friendly showcase in Tullamore Court Hotel. I hosted a stand on the day where I met older adults and informed them of the different programmes and activities Offaly Sports Partnership rolls out for older adults.

In the afternoon we ran an Activator Pole exercise session. We had huge interest in the programme after the taster session; and as a result have run two activator poles programmes which were very well attended.



Physical Activity Challenge for Women

On Tuesday 1st October our eight week Physical Activity Challenge for women began. 30 women signed up to completing a jogging session on a Tuesday and a fitness class on a Thursday for eight weeks. Huge thanks to our instructor Pauline who led a varied and motivated class each week. Fitness levels increased greatly and some of the participants who began the programme as walkers progressed on to running a 5k in the last week.



Sports Leader Training - Colaiste Choiilm



On Thursday, 10th October Colaiste Choiilm TYs completed their Sports Leader 1 Course. The course ran for six Thursdays during September and October.

The course provides leadership, organisational, planning, communication and teamwork skills through the medium of sport.

It also gives TYs the opportunity to gain experience coaching primary school children. As part of their assessment for the course each student had to take a primary school class for half an hour of P.E. Thanks to Scoil Bhride for facilitating this assessment.

Over 50's Boccia League

The over 50s Boccia League began on the 20th October with games each week until November 10th. The teams are taking a break for the Christmas period but will resume on the 9th February for the second half of the league.

This year we have three different competitions, a Mens League, Ladies League and Mixed League with a total of 25 teams competing.



NCBI Sports Event

On Tuesday, 15th October, Offaly Sports Partnership along with Laois Sports Partnership and the NCBI hosted a sports event with Dr. Lauren Lieberman who is the founder of Camp Abilities (an educational sports camp for children with visual impairments).

The participants got to experience Goalball, Soccer, Athletics, Wrestling and Guide Running on the evening. The event was a huge success with both parents and children enquiring could it be run on a regular basis.



November

Swimming Programme for Children with Additional Needs

On Wednesday 6th November our new swimming programme for children with additional needs began in the Fitness Club in Tullamore Court Hotel.

The programme finished on December 4th with 13 children attending over the five weeks. Many thanks to the Fitness Club for helping us run such a worthwhile programme.



Activator Poles Programme with Moez in Mucklagh

Our first Activator Poles programme took place in Mucklagh Community Centre in November. Over 15 women took part in the programme with our tutor Moez.



We received great feedback and look forward to running additional programmes in the new year.

Colaiste Choilm Information Day

On Friday 15th November I attended Colaiste Choilm's sports club open day.

It was great to talk to members of each year about the schools, training and volunteering programmes we have running that they may be interested in



Boccia Introduction with Aghancon Community Group Coolderry

On Tuesday, 19th November I attended Aghancon Community Centre in Coolderry with Declan from Offaly Local Development Complany to speak to a newly formed community group about sports activities the Sports Partnership have on offer.

They are particulary interested in the Boccia and have started playing it each night they meet. It was great to meet with them and inform them of the Boccia league and how it runs. We hope they will participate in our community / older adult events going forward.

National Seminar for Inclusion, Castleknock Hotel in Dublin



On Thursday, 21st November, CARA in partnership with Sport Ireland hosted the National Seminar for Inclusion in the Castleknock Hotel, Dublin.

The theme for this years seminar was "Children with Disabilities" and key note speakers included Chris Watts and Brendan O Connor.

The National Seminar for Inclusion is a place of great learning and sharing whilst highlighting and discussing areas of importance in sport and physical activity opportunities for people with disabilities in Ireland.



PPN Plenary

On Thursday, 28th November I attended the PPN Plenary on behalf of Offaly Sports Partnership

I hosted a stand on the night and introduced Offaly Sports Partnership to the crowd giving them infomration on Offaly Sports Partnership and the type of programmes and activities it provides to communities in Offaly

Fitzone Challenge

Thursday, 28th November saw an end to the Fitzone Challenge in the Town Park in Tullamore. Congratulations to all participants from the National Learning Network and the Muiriosa Foundation who came along over the 10 weeks to work on improving their fitness levels while having fun at the same time.



December Rock Steady Boxing Session

Monday December 2nd we held a Rock Steady Boxing taster session in Mucklagh Community Centre for people who have Parkinson's.

The session went really well with 8 people with Parkinson's attending the session. All participants seem very eager to participate in a six week programme in 2020.

On

Rock Steady Boxing Taster Session
for people with Parkinson's

- * Calling all people with Parkinson's
- * Monday 2nd December
- * Mucklagh Community Centre
- * 11am - 1pm

ROCK STEADY BOXING MIDLANDS

Rock Steady Boxing is a non contact fitness programme designed for people with Parkinson's. The exercises involved in Rock Steady Boxing combine physical activity and the learning of new skills which require the development of balance, coordination, strength, endurance and social engagement; some of the reported benefits include increased independence and confidence as well as physical improvements.

Contact Jean (0867912508) to book a place (jbrady@offalyccoco.ie)

An Garda Siochana's Christmas Party for service users and active retirement groups in Tullamore

On Wednesday, 4th December, I was invited to attend An Garda Siochana's Christmas Party for older adults and service users in Tullamore.



It was great to chat to the groups about different activities and events in what was an informal afternoon of food, music and dance.

For more information on the Sports Inclusion Development Programme, contact Jean Brady, Sports Inclusion Development Officer, Offaly Sports Partnership on 057 93 57463 or 086 7912508 or by email to jbrady@offalyccoco.ie