

## May Couch to 5 tags



Working with Occupational Therapists from the Bannon Centre and Leinster Rugby, four Tag Rugby taster sessions were held for service users from the Edenderry area.

The programme was well received by all participants; and as a result of the interest shown in the taster sessions, preparatory work is underway to form a new tag rugby group in September.

## June Community Coaching for Young People



A community Coaching course for young people took place from Monday, 11th June to Friday 13th July.

This programme was focused on successfully assisting the participants 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.



The group completed many modules including Sports Leader Award, Rugby Prime, Athletics Assistant, Gaa Foundation, Safeguarding, First Aid , Disability Inclusion, 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.

Most leaders will receive 10 certificates at the presentation evening in September



### Sports Leader

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.



## Sport for All day – Scoil Bhride Edenderry



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

On the 15th 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, Relay races, Bowles, Target throwing and Javelin Throwing.

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.



## Teacher Training

I attended Killeen NS before the school holidays.

I brought a range of equipment and displayed different adaptable games for the teachers and SNA's in the school. Fourth, Fifth and Sixth class all took part in the games while teachers and SNAs took notes on the set-up and rules of each activity.



## Offaly Age Friendly Strategy



On the 29th of June Offaly Sports Partnership hosted an information stand at the launch of the Offaly Age Friendly Strategy.

I met with older adults and informed them about the different programmes and activities that the sports partnership are involved in and the opportunities available to them.

## July Sports Day



On July 10th an adapted activities day was held in Tullamore Harriers for local children involved in the July Provision Programme.

45 children from St Josephs, Ballinamere, Clara and Rahan schools took part in a wide variety of activities.

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



## Adapted Activities- Cul Camps



With the help of our qualified community coaching leaders we attended four days of Cul Camps around Offaly.

Venues included, Daingean, Mucklagh and Tullamore. Children were given a taste of the GAA Fun and Run programme along with other adapted activities.



## Older Adults & FitZone

I attended an introduction for the active retirement groups to the Tullamore Town Park FitZone area.

I showed the group the different types of exercises they could do with each piece of equipment.

It was great to see such positivity and enthusiasm shown by all on the day.



### Summer Camps

Throughout the summer we assisted many groups with equipment and set up of fun activities and games. Riverside Summer Camp held a camp for children with physical disabilities where they really enjoyed getting the opportunity to try our new games pack.

Youthwork Ireland hosted a Sports Day in Tullamore Town Park in July. The sports day catered for boys and girls between the ages of 10-13 and it's aim was to promote fun and teamwork between the different youth groups located in the town. I set up each of the activities on the day and explained them to the leaders. The children really enjoyed the variety of activities available to them.

### September

#### Primary School Visits

Since September I have carried out school visits with Educate Together Tullamore, Kileen, Shinrone and Daingean National Schools. During the visits I spoke to teachers and SNA's on how to adapt activities so that PE lessons can be all inclusive. Games such as sitting volleyball, boccia, cornhole and scidils were all demonstrated. Equipment was also left with the school so they could experience the games fully.

#### Banagher YouthReach



Banagher Youthreach took part in a nine week come try physical activity programme.

The participants got the opportunity to experience cycling in Boora, hip hop dance classes and badminton over the nine weeks.

#### Physical Activity Challenge for Women

A ten week Physical Activity Challenge for Women commenced on the 25th September.

30 women took part in two physical activity sessions every week, one jogging and one fitness.

Fitness levels increased greatly and some of the participants who began the programme as walkers progressed onto running a 5k on the last week.





## Functional exercise Classes



In conjunction with the HSE Primary Care Centre and Aura Tullamore, an older adults functional fitness class commenced in September and ran for eight weeks.

It is hoped another block of classes will begin in the new year. Thanks to Aura Tullamore's Linda who delivered varied and enjoyable classes throughout the eight weeks.

## October Sports Leader 1 Course

I delivered a sports Leader level 1 training course to the TYs in Tullamore College during the month of October. This 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 PE.

Thanks to Educate Together for facilitating this assessment and the PE teachers in Tullamore College for all their help.



## Over 50's Boccia League



The o50s Boccia League recommenced on the 7th October.

This year there are three competitions – mens, womens and mixed with a total of 25 teams participating

### Walking Leader Training with Rehab Care

On the 18th of October the Irish Heart Foundation delivered a community walk leader course for the service users and staff of Rehab Care. The service users and staff really enjoyed the day. It is great to see groups being empowered to take control and deliver programmes themselves.



### November Couch to 5 Tags

Our second block of Couch to 5 tags took place in November. Working with Occupational Therapists from the Bannan Centre and Leinster Rugby five more Tag Rugby taster sessions were held for service users from the the Tullamore and Edenderry area.



### Special Education Needs Physical Activity Programme



I delivered a four week programme in the ARC Unit in Educate Together Tullamore.

Each week the children were introduced to new games where they worked on their balance, co-ordination, agility and fitness.



## Healthy Ireland Older Adult Sports Fest



On Wednesday, 21st November we held our inaugural Healthy Ireland Older Adult in Sports Fest.



Over 75 older adults from Birr, Clareen, Cloghan, Clonbullogue, Crinkle, Edenderry, Kilcormac, Mountbolus, Mucklagh, Pullogh, Rahan, Rhode, Shinrone and Tullamore came along on the day and had a chance to experience new sports such as walking football, scooch, pickleball, cornhole and scidils. It was great to see the level of interest on the day, and many thanks to the coaches and An Garda Síochána who facilitated the day.



**!!! Looking forward to 2019 !!!**

### **Sports Inclusion Group Tullamore**

New Sports Inclusion Group coming January 2019!

Plans are well underway for a new sports inclusion club in Tullamore. We hope to have appropriate training delivered and enough volunteers and members recruited for a 2019 start.



Other programmes in the pipeline for 2019 include: -

1. Offaly CAMHS<sup>1</sup> – facilitating the active element to the Lifestyle change programme
2. National Council for the Blind in Ireland Offaly fitness classes, golf and tandem cycling
3. Irish Wheelchair Association, Banagher College and Colaiste Choilm Boccia Leagues
4. Therapeutic Riding
5. Autism Spectrum Disorder Multi Sport Programme

For further information on the Sports Inclusion Development Programme, contact Jean on 057 93 57463 or 086 7912508; by email to [jbrady@offalycoco.ie](mailto:jbrady@offalycoco.ie); visit [www.offalysports.ie](http://www.offalysports.ie) or follow us in Facebook, Twitter and Instagram/OffalySP.

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<sup>1</sup> CAMHS – Children & Adolescent Mental Health Services