



**WESTMEATH
SPORTS
PARTNERSHIP**
— SPORT IRELAND —



September 2024



Welcome

Welcome to the third edition of the new Westmeath Sports Partnership e-newsletter!

Inside you'll find a review of some of our events from August including HER Outdoors Week, details of our new Maroon Lakers Programme starting this month at Athlone RSC, Safeguarding courses coming up this autumn and lots more.

Don't forget that for more information and full details keep scrolling(!), follow us on socials or visit our website at www.westmeathsports.ie or email us info@westmeathsports.ie

Enjoy our third newsletter!

HER Outdoors Week 2024 Thank you to everyone who took part

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HER OUTDOORS WEEK

WESTMEATH SPORTS PARTNERSHIP
SPORT IRELAND

SPÓRT ÉIREANN FAOIN SPÉIR
SPORT IRELAND OUTDOORS

#FIND YOUR OUTDOORS

THANK YOU

Thank to you to everyone who took part in events for HER Outdoors Week!

The graphic features a teal background with a central photograph of a group of people on a boat on a lake at sunset. Two circular inset photos show a group of people on a boat and a group of people participating in a yoga or fitness class outdoors. The text is in white and teal, with a large '#FIND YOUR OUTDOORS' hashtag in the center. Logos for HER Outdoors Week, Westmeath Sports Partnership, and Sport Ireland are at the top. The bottom section has a large 'THANK YOU' in a stylized font and a message of gratitude.

☀️☀️ Over 400 females of all ages and abilities enjoyed almost 30 programmes and classes during HER Outdoors Week 2024. From mountain biking and pitch and putt to SUP Yoga and Pilates and dip, there was something for everyone.

Check out some pictures and details below with more information and pics at our website: <https://www.westmeathsports.ie/2024/08/29/record-numbers-enjoy-her-outdoors-week-in-co-westmeath/>



SUP Yoga at Lough Ennell

Across two evenings, ladies enjoyed the beautiful and tranquil setting of Lough Ennell as they took to the water on paddleboards led by tutor Caroline Young.



Pitch + Putt tasters

The weather was great for our two pitch and putt taster events in Kilbeggan and Collinstown clubs. Thanks so much to everyone who came out and enjoyed this great sport.



Dips with MTC

Midland Tri Club organised several events during HER Outdoors Week, including multiple pilates/yoga dips at Lough Owel. Some were even very early in the morning(!) so fair play to everyone involved.

Women On Wheels



👏 It was a gorgeous evening on the Old Rail Trail to wrap up our Women On Wheels cycling programme with Lakeside Wheelers Cycling club in Mullingar at the end of August.

Over 5 weeks the women and the tutors got to explore Westmeath and make new friends along the way - all whilst moving through the gears under the close eye of the fantastic tutors from the cycling club.

Maroon Lakers Programmes For Children With Disabilities

Maroon Lakers Multi-Activity Programme

6 week programme for children with
disabilities aged 8 - 12

Activities will focus on agility, balance and
coordination



Sat 14, 21, 28 September &
October 12, 19 & 26



Athlone Regional
Sports Centre



9.45am - 10.40am

**PRE-REGISTRATION
REQUIRED AS PLACES
ARE LIMITED**



**REGISTER NOW AT
WWW.WESTMEATHSPORTS.IE/EVENTS
OR EVENTBRITE**

Contact: Mary Kate Duignan

Call: 044-9338921

Email: mary.duignan@westmeathcoco.ie

The Maroon Lakers Multi-Activity Programme is an initiative by Westmeath Sports Partnership which is facilitated under the Sports Inclusion Programme and supported by The Community Hub based at Athlone Regional Sports Centre.

The programme caters for children with a disability aged between eight and twelve years of age.

The Multi-Activity Programme will be implemented over six weeks, comprising of fun activities, focusing on agility, balance, and coordination of participants.

Classes begin on Saturday September 14th and continue each Saturday until October 19 (Sept 14, 21, 28 & Oct 12, 19 & 26). **Please note there is no class on October 05.**

Classes begin at 9.45am and conclude at 10.40am.

Please note places are limited and will be offered on a first come basis.

A minimum number of participants is required to facilitate this programme.

For further information please contact :

**Mary Kate Duignan (Westmeath Sports Partnership) -
mary.duignan@westmeathcoco.ie or 044 9338921**

European Week Of Sport


#BEACTIVE

EUROPEAN WEEK OF SPORT

23 - 30 September



**Sport boosts
personal well-being**

 In 2024, European Week of Sport will focus on inclusion, well-being, and belonging.

Inclusion. Sport is not just for athletes. You can take part regardless of your fitness level or background. Sport is inclusive and does not discriminate. No matter our gender, age, abilities, religion, ethnicity, education, or sexual orientation: sport is for everyone!

Well-being. Sport boosts self-esteem and promotes better health. Physical activity helps personal improvement and enhances overall well-being. When you play sport, you look good and feel good!

Belonging. Sport offers life opportunities and brings generations together. Everyone maintains their individuality while also sharing the EU and Olympic values of kindness, respect, and solidarity.

Keep an eye on our website and social media channels for more information on exciting classes and programmes coming up this September!

Safeguarding Courses

SPORT IRELAND SAFEGUARDING WORKSHOPS



SPORT
IRELAND
ETHICS

Provide a safe, positive and nurturing environment where children can develop and enhance their physical and social skills.



Workshops

Safeguarding 1

Basic Child Welfare
And Protection

Safeguarding 2

Club Children's Officer

Safeguarding 3

Designated Liaison Person

Help your club to meet its child safeguarding and child protection responsibilities!



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If you are working with children in Sport then you need to have up to date Safeguarding certificates.

We still have availability on our final Safeguarding classes of 2024.

We have two Safeguarding One classes with availability - Oct 23 and Nov 11

Safeguarding Two is scheduled for Nov 25 and Safeguarding Three is scheduled for December 02.

All programmes are online-based and cost €20.

Check out the Events section of our website for more details.

Women On The Water



All 'signs' point to success for Women On The Water!

Our final session of kayaking with the WoW group ended at Lough Owel on Wednesday evening.

After three sessions at Lough Derravaragh, the ladies enjoyed one final paddle on Lough Owel.

Thanks to Bob and his team at Inventure Water Sports for some great classes.

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