

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative

Since the last Conference held by Mayo Sports Partnership in association with Mayo Sports and Recreation Group in October 2006 'Inclusion for all' there has been many positive changes in the opportunities for people with a disability to participate in Sport and Physical Activity. In April 2008 Ray mc Namara was appointed as Sports Inclusion Development Officer (SIDO) with Mayo Sports Partnership, and through the SIDO Programme there has been many new doors opened for people with a disability to participate and get active within their communities.

With the SIDO Programme going from strength to strength and participation level increasing all the time today is an opportunity to sample some of the activities that are now accessible to people with a disability and to also move to the next level of understanding the benefits of exercise and the value of being 'physically active'.

The day is aimed not only for participants but their parents and carers as well as organisations so they too can understand the value, and the benefits of being 'Physically active'.

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RehabCare

Investing in People, Changing Perspectives

Mayo County
Development Board
Bord Forbartha Chontae Mhaigh Eo



Please Send completed registration forms together with fee to:
Mayo Sports Partnership
Cedar House,
Moneen,
Castlebar,

If you would like some more information please contact Ray Mc Namara on 094 9047023 or contact the Mayo Sports Partnership office on
Phone: 094 9047025
Fax: 094 9047480
E-mail: rmcnamara@mayococo.ie

Increasing Participation Opportunities in Sport and Physical Activity

Mayo Sports Partnership



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**SPORT &
DISABILITY**

**'Physically active'
Conference**

**Activity,
Accessibility &
Healthy
Lifestyle**

**Thursday 06th
October 2011
TF Royal Hotel
Castlebar
9.30am – 4pm**



Programme Details

MC: **Mike Finnerty**

9.30 - 10.00 **Registration**

10.00 - 10.15 **Welcome**

Charlie Lambert Coordinator Mayo Sports Partnership

Henry Kenny Chairperson of Mayo Sports Partnership

10.15 - 10.25 **Opening Address**

10.30 - 11.40 **Presentations**

Ray Mc Namara

Opportunities available in Mayo for participation in Sport and Physical Activity & Benefits of Exercise and Lifestyle choices

Niamh Daffy Cara APA Centre Tralee

National SIDO Programme and Cara APA Centre

Kevin Cooke Access Officer Mayo Co. Co.

Accessibility, Access for All: Mayo Co. Co.

Martin Salmon Kayaction Mayo

A Parents Story



Parallel Workshops Pick 2 one for each Session

Session 1 12.00 - 13.00

Lunch 13.00 - 14.00

Session 2 14.00 - 15.00

- 1) Nutrition and healthy Eating
- 2) Kayaking: GMIT/Kayaction Mayo (Towel and swim gear needed)
- 3) Tennis: Castlebar tennis Club
- 4) Wheelchair Basketball
- 5) Soccer for All: Paul Byrne FAI
- 6) Getting Physically active the starting point (tips on how to get started) Westport Leisure Park
- 7) Beep Baseball/Rounders Irish Blind Sports + Information on Blind Sports
- 8) Boccia

15.15 –15.45

Open Forum Question Time

15.45—16.00

Closing Address P.W.D.I Edel Cadden
Charlie Lambert Mayo Sports Partnership

Registration Form **Cost : €10**

Closing date for receipt of completed registration forms and conference fee is Friday 30th September 2011. Lunch included.

Personal Details

Name: _____

Address: _____

Organisation/Group: _____

Contact No: _____

Email: _____

Any Special Requirements: _____

Workshops: Please select 1,2,3,4,5,6,7,8 in order of preference. We will endeavour to facilitate you on your first two preferences, however if these are not available we will assign you to your third, fourth etc preferences.

1) Nutrition and healthy Eating _____

2) Kayaking GMIT _____

3) Tennis _____

4) Wheelchair Basketball _____

5) Soccer for All _____

6) Getting Physically active the starting point (tips on how to get started) _____

7) Beep Baseball/Rounders I.B.S. _____

8) Boccia _____