

"Our vision is of a county where all people are encouraged and enabled to participate in sport"



County
Limerick
Local
Sports
Partnership

An Irish Sports Council Initiative

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Active Living NEWSLETTER



WELCOME

County Limerick Sports Partnership would like to welcome you to the very first edition of **County Limerick's Active Living Newsletter**. The aim of this newsletter is to provide and share information between all the older adult groups throughout the County. We would like to thank everyone who has contributed to the newsletter and look forward to working with you all in the future. Please be aware that should you need our assistance at any time do not hesitate to contact the office. Either myself, Elaine or Kathleen will be happy

to help in any way we can. I hope you find this newsletter of value to your group and we believe that the sharing of information will help groups become more aware of both activities and events that take place throughout the County.



Yours in Sport,
Phelim Macken, Sports Co-ordinator

Finally, I would like to thank Bedelia Collins and the Health promotion unit in the HSE for supporting this Newsletter.

Older Adults Inaugural Inter County Festival takes place at UL

Over 100 people from Limerick County, Limerick City, Clare, North Tipperary and Kerry took part in the inaugural Older Adults Inter County Sports Festival at the University of Limerick Sports Arena on Wednesday 14th April.

This event was a joint initiative coordinated by the Mid West Network of Local Sports Partnerships (LSP's) and featured 20 participants from each of the five areas.

The participants, who were kitted out in their respective 'County' colours, were chosen from Older Adults groups in their regions. Selection was based on participation in previous LSP events and local community programmes.

Activities included golf skills, bocchia, target throw games, speed stacks and box hockey. The Limerick County team were the overall winners of the event.



County Limerick Team - Overall Winners 2010.

Addressing competitors on the day, Richard Farrell of **Go For Life** noted how physical activity was important for all age groups, and how it was great to see everybody participating with great vigour in this event.

Festival participants described the day's activities as "closely contested" and "good humoured".

Meanwhile, the Mid West Network of Local Sports Partnerships has confirmed that the Older Adults Inter County Festival is to become an annual event.

County Limerick Local Sports Partnership



Box Hockey in Action.

County Limerick Local Sports Partnership (LSP) is a sub-committee of Limerick County Development Board and is supported and funded by the Irish Sports Council, to co-ordinate, plan, promote and deliver sport and physical activity opportunities locally.

The Irish Sports Council created local sports partnerships as the best mechanism for delivering recreational sport to the greatest amount of people, making real the philosophy known as "sport for all". The main aims of County Limerick Local Sports Partnership are:

- To increase participation in sport.
- To ensure that local resources are used to best effect.
- A mechanism to co-ordinate the efforts of all key influencers to further develop sporting opportunities for local communities.

Sport Defined:

- Activities of daily living
- Physical education
- Exercise for fitness
- Active play
- Physical recreation
- Organised sport
- Exercise for quality of life

The LSP works with many partner agencies in promoting health and wellness plus increasing participation in physical activity. One of these agencies is the HSE Health Promotion Unit led by Bedelia Collins and her staff. As we have similar goals we are able to work together on projects and programmes so as to engage with more communities in promoting physical activity. If you would like to contact the HSE Health Promotion unit please telephone **Anne Costello in the Newcastle West office on 069 61430** or email annet.costello@hse.ie

The LSP have developed a 3 year strategy in which four key themes have been identified namely: Increasing participation, supporting club sport, improving the infrastructure and promoting partnership.

The LSP's involvement with older adult groups concentrates on Training of Pal's leaders in partnership with Go for Life, provision of equipment (start up) for new groups and finally the hosting of Sports Fests where community groups have the opportunity to meet and compete with other groups from across the county and the Mid - West. We also support groups with the grant application process for Go for Life every year. If you have any ideas that you would like the LSP to develop please feel free to contact us and we will see what we can do. . .

*For more information contact **Phelim, Elaine or Kathleen on 061-496428 or 061-496463.** Email: infosports@limerickcoco.ie Web: www.cllsp.ie*



LSP Staff: Phelim, Elaine and Kathleen.

It's good to talk: Go for Life's FitLine Project.

Everybody wants the benefits of being more physically active. Who wouldn't want to feel happier, healthier and more independent? A big problem for many of us is motivation. Now, a new project from **Go for Life** aims to tackle that, one chat at a time.

Go for Life's FitLine project is a free telephone service that makes getting active (and keeping active) that bit easier.

FitLine works in the following way:

1. A person rings fitline and registers their interest in becoming more active;
2. They go to a fitline workshop in their area. The workshop covers why we need to keep active and how to warm up and cool down. It's also a chance to meet other people who are getting active;



Anyone for Golf . . .

3. One week after the workshop, they get their first phone call. This call gives the participant a chance to chat about what they want to do and to set some short-term goals;
4. After that, the participant gets a call every fortnight for two months and on a monthly basis after that.

The idea for using supportive phone calls is familiar to anyone who has used a quitline to stop smoking. FitLine works in the same way; we train volunteers to become 'mentors'. These mentors are not doctors or fitness instructors; they are ordinary people just like you. We do, of course, train each mentor to provide information about physical activity and we give them the skills they need to really motivate people.

Having ordinary mentors makes them easier to talk to as an equal. They avoid jargon and really listen to what people have to say about getting active. It seems to be working so far: people who have used FitLine say that they really look forward to the calls they get and enjoy the benefits of it.

Go for Life's FitLine is modelled on 'Active Choices', a telephone support project developed by Stanford University in the United States. Active Choices is based on twenty years of research evidence about telephone-based physical activity support.

Last year, we tested FitLine for three months in Drogheda. We trained five mentors and over 20 people signed up to take part. We found that FitLine increased the amount of physical activity people got and increased their knowledge about getting more active. The mentors too, got great satisfaction out of the experience: "It was great to be able to encourage a person to do some physical activity, to listen to what they had to say ... to keep in touch with them then." Even the mentors said that getting involved encouraged them to keep active, as they took their inspiration from the change in the people they were mentoring.

Go for Life's FitLine proved so successful that Louth Sports Partnership is supporting the extension of the programme. All of the volunteers have stayed on to keep making calls and we have now extended our testing to Wicklow and South Dublin, where other FitLine projects will be run until the end of this year. Call Go for Life to find out more.

Call Go for Life on 01 - 805 7733.



Richard Farrell Go for Life taking your calls.

NEWS – Community Groups in Profile

FOYNES – St. Senan's Social Services:



Foynes Putting Challenge!

This is a voluntary group whose main aim is "Care of the Aged and Lonely". The club does visitations, social outings, early spring five day breaks and people in motion nights.

The group started in 1967 and still going strong. The main aim is "Care of the Aged and Lonely" by visitations, socials, outings and chiropody services which have been found to be invaluable. In the last few years the group has branched out by having exercise nights, early spring breaks in February for 5 days in one of Brian McEniff's Hotels. The exercise nights are fantastic where people can come to the community centre and unwind. During the spring break the group really enjoys the warm Jacuzzis, relaxing saunas and dance and sing nights away.



Foynes Day Trip: Brid Guerin, Margaret Ryan, Peg Nunan, Margaret Foley.

The exercise nights in the Community Centre take place every Monday night at 8:00pm. Activities in the day centre happen every Tuesday from 2:00pm to 5:00pm where members can chat, play bingo, watch TV and play tapes or music and have afternoon tea.

A 41 Card Drive takes place on Wednesday night in Shannon House if members feel like playing cards.

There is nothing like being optimistic!!!!

Thanks to Anna Curtin who submitted the information on behalf of the group. Anna is a very active member of this group and we have worked with Anna on numerous occasions – if you ever need anything done in the area, Anna Curtin is the woman to get it done!!!!

For anyone who wishes to contact the group please telephone 069-65469.



Day Trip for the Foynes Group: Glencar Waterfall 2008.



Fit Walk Clinic Foynes: Community Centre, Foynes.



Concentration is the key with Speed Stacks.

KILFINANE



Kilfinane Easter Bonnet.

The Kilfinane club has gotten smaller over the years, but still we enjoy weekly get togethers. The club meets every Wednesday afternoon to play a card game or bingo with tea and cakes all round. Every Thursday the club go to Kilmallock and one Wednesday every month we go to Ballylanders for dinner and bingo.

Bowling takes place twice a week and swimming in Tipperary when possible.

An Easter Bonnet competition takes place every year where everyone makes their own bonnet. The

club go on holiday a couple of times a year with different clubs. The club have also been on Live at Three and have been to the North and visited the NI Assembly Parliament.

The LSP would like to thank Helen Carroll who submitted this information on behalf of the club.



Lawn Bowls . . . Kilfinane.

CROOM - Go for Life:



Croom, Go For Life!

The Croom Go for Life group started up about 6 years ago and are still going very strong. The group consists of about 25 ladies and gentlemen. Meetings take place every Wednesday from 7:30 to 9:00 in the local scout den, thanks to them for the use of their premises. The night starts with a few gentle exercises led by Stephen. We then go on to use some of the equipment such as Frisbees, Parachute, Skittles, Botchy etc. all of which are well cared for by Colm. People are also very welcome if you just want to sit and watch and enjoy the goings on!!

A nice lively dance may follow and then the group relax with a nice cup of tea and a biscuit, served by two different members each night.

The group have been granted some classes by the VEC which were well supported and enjoyed by all.

As a group we visit other local groups and join in their activities. We also invite them to join us for a night; these nights are a great success and will always finish with a party and a sing-song led by Nora and many other great singers in the group.

The Wednesday night get together is enjoyed by all and is a chance to meet old and new friends.



Go for Life Festival.

Walking Loops in County Limerick



For groups interested in walking, a number of looped walks have been identified throughout the County. A pack which consists of 13 mapcards of the walks in Limerick, Clare and North Tipperary have been put together and are available from the Tourist Office in Limerick at a cost of €2.00 per pack. The mapcard is A5 size and is water resistant so you can bring it with you. There are details of the distance, difficulty level and gear requirements on

each map. They also give directions from A-B etc. with complete details of terrain and fitness level required.

There are a number of mapcards being developed at the moment and then all looped walks throughout the County will have it's own mapcard.

Keep an eye out on our website for further information where you can also download a copy of the map – www.cllsp.ie and details can be found under "Limerick Outdoors".



Paul O'Connell gets to meet some of the Sports Fests stars.

New PAL's Workshop in Limerick ...

Following great work by Martha in the Hospital Family Resource Centre 18 new Pal's have started training with **Go For Life** Tutor Frank Fahey in Hospital Secondary School during the Autumn. For the 1st weekend there was great excitement when everyone arrived to meet Frank and get the programme going. As usual Frank was very shy and didn't try and embarrass any of the participants.



PAL's Training! Frank Fahy and Sr. Mary Doody.

These new leaders will be a great asset in the surrounding parishes and will provide great programmes across a number of community groups.

Well done Martha for getting this going. . .



Hospital Family Resource PAL's Training.

Attention:

1. Older Adults Inter County Sports Fest 2011 will take place in U.L Arena on Wednesday 13th April.
2. If groups are interested in swapping or exchanging pieces of equipment they are not using please contact the LSP so we can set up a **swap shop**.

GO FOR LIFE - More older people more active, more often

What is Go For Life ?

Go for Life is the national programme for Sport and Physical Activity for Older People. The programme aims to involve more older adults in all aspects of physical activity more often - not only participating but also planning and leading sport and physical activity within their own groups. There are two key strands: Active Living; aims to get more people involved in health enhancing physical activity. The programme is implemented in partnership with the Health Promotion Officers of the country's health boards. Sport Participation; aims to increase participation rates in sport by older people. It is intended that leaders will be trained locally through the network of Local Sports Partnerships - leaders who will in turn promote participation in sport amongst the older people in their communities. The main aims of these programmes are to:

- Inform older adults of the benefits of physical activity and the range of opportunities available to them.
- educate older people in relation to engaging in physical activity
- implement activity events and programmes

PALS Workshops

Limerick County Sports Partnership in association with Age and Opportunity Ireland are delighted to organise PALs (Physical Activity Leaders) Workshops in Limerick County as part of the Go for Life programme. Keep an eye on the Calendar section for dates of upcoming courses.

The message behind the Go for Life programme is "More older people, more active, more often". PAL stands for Physical Activity Leader. It also sums up the friendly nature and sociable approach of the PALs workshops. The workshops are run over 8 weeks, each week covering a different theme i.e. Rolling and Bowling, Sit Fit and Better Balance to name but a few. The workshops enable participants to plan and lead health enhancing physical activity sessions for healthy older people. The workshops are aimed at members of clubs/groups of older people (e.g. Active Retirement Groups, Day Care Centers etc.). Generally, 2 or 3 members from each group will attend therefore sharing the

responsibility of planning and leading sessions back at their club/group.

We have 80 trained Physical Activity Leaders working across 30+ community groups in county Limerick. For more information on these programmes contact the LSP on **061 496463** or email infosports@limerickcoco.ie

Workshop 1 - Basic Principles

The main aims of this workshop are to

- introduce participants to the Go for Life campaign;
- propose procedures regarding checking, screening and monitoring the wellbeing of participants before and during physical activity bouts/sessions;
- enable the PAL to lead a Warm Up routine suitable for older people.

Workshop 2 - Sit-Fit Activities

The main aims of this workshop are to

- explore a range of chair-based activities suitable for healthy older adults;
- enable the PAL to plan a variety of physical activities for groups of older people in a seated position.

Workshop 3 - Better Balance

The main aims of this workshop are to

- explore a range of activities geared to improve older people's balance;
- enable the PAL to promote the balance of participants during activity bouts and sessions.



Workshop 4 - Going Strong

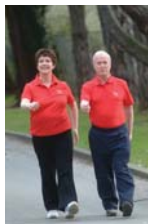
The main aims of this workshop are to

- explore a range of activities geared to improve older people's strength
- enable the PAL to promote the strength of participants during activity bouts and sessions.

Workshop 5 - Stepping & Strolling

The main aims of this workshop are to

- explore a range of activities geared to motivate older people to walk more often;
- enable the PAL to incorporate walking activities into activity bouts and sessions.



Workshop 6 - Rolling & Bowling

The main aims of this workshop are to

- explore a range of pitching and tossing games/sports suitable for older people;
- enable the PAL to introduce a range of bowling activities to older people.

Workshop 7 - Pitching & Tossing

The main aims of this workshop are to

- explore a range of pitching and tossing games/sports suitable for older people;
- enable the PAL to introduce a range of pitching and tossing activities to older people.



Workshop 8 - PALs Skills

The main aim of this workshop are to

- outline a range of skills necessary for the successful leadership of activity sessions for older people;
- enable the PAL to plan safe and enjoyable physical activity sessions for older people;
- enable the PAL to plan a 5-week physical activity programme suitable for older people.

Workshop 9 - Dance

A new module has been developed and will be rolled out in 2011 starting in Limerick.

What's Happening in your Community?

Group Name	Day	Time	Venue
Abbeyfeale	Monday	11.00 - 1.00pm	Monaleen GAA Club
Askeaton	Wednesday	8.00 - 9.00pm	Askeaton Community Centre
Adare	Tuesday (Bowls) Thursday	3.00pm 7.30pm	Embry Close Hall, Adare
Ardagh	Tuesday	1.30 - 5.00pm	Ardagh Community Centre
Ballylanders	Wednesday Friday	12.00 - 3.00pm	Ballylanders Day Care Centre
Ballygran/Castletown/ Colmanswell	Last Tuesday of every month	2.30 - 5.00pm	Castletown Community Centre
Broadford	Monday	7.30 - 9.00pm	Broadford Day Care Centre
Bruff	Monday	7.00 - 8.00pm	Bruff GAA Complex
Caherconlish	Wednesday	1.00 - 5.00pm	Caherconlish Community Centre/ Millennium
Clarina	Thursday	11.00 - 2.00pm	Clarina GAA Club House
Croom	Wednesday	7.30 - 9.00pm	Croom Community Centre
Donoughmore/Knockea/Roxboro	Monday	7.30pm	Drombanna Day Care Centre
Foynes	Tuesday Monday (Exercises)	2-5pm 8-9pm	Foynes Community Centre
Galbally	Tuesday	11.00 - 12.30pm	Galbally Community Centre
Glin Homes for the Elderly	Wednesday	10.45 - 12.00	Glin Day Care Centre
Kilfinane	Wednesday	3.00 - 4.00pm	Peter's Hall, Kilfinane
Kilmallock	Thursday	2.30 - 4.30pm	Pastoral Centre, Kilmallock
Loughill/Ballyhahill	Tuesday Second Tuesday of every month	2.00 - 5.00pm	Loughill Resource Centre / Ballyhahill Community Centre Rotate every session.
Monaleen/Milford Group	Monday	11.00 - 1.00pm	Monaleen GAA Club
Newcastle West / Arra Friends	Monday	6.00 - 7.30pm	Desmond Complex Newcastle West
Oola	Every third Wednesday of the month	2.00 - 4.30pm	Oola Community Centre
Pallasgreen	Every second Wednesday of month	2.00 - 4.00pm	Pallasgreen Community Hall
Pallaskenry	Tuesday	2.00 - 4.00pm	Pallaskenry Community Centre
Patrickswell	Last Thursday of every month	7.30pm	Patrickswell GAA Complex
Raheen Probus Club	Tuesday	11.00 - 1.00pm	Scotts Bar, South Circular Road
Rathkeale	Every second Wednesday	2.00 - 5.00pm	Eniscouch Sheltered Housing, Community Room

If you need any Contact Numbers for these groups contact Elaine/Kathleen/Phelim 061-496463.



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