

Are you interested in getting active in your community?

Then check this out.....

Participating in sport and physical activity helps to **improve physical fitness, self-confidence and self-esteem** and provides a great **social outlet** to meet others.



Sligo Sports Partnership Social Soccer

Throughout Ireland there are a number of organisations who provide support and advice to people with disabilities, their families and carers on how to increase their participation opportunities within sport, physical activity and physical education settings.

Over the next few editions of this newsletter, the CARA National Adapted Physical Activity Centre will be providing us with an insight into the vast array of

organisations, events and activities throughout the country who provide opportunities, support and guidance for adults and child with disabilities to be active within their local community.

In this edition, the CARA Centre tells us a little about the National Sports Inclusion Disability Programme which was established in 2007. The Sports Inclusion Disability Programme is an Irish Sports Council initiative delivered through the network of Local Sports Partnerships throughout the country. The aim of the National Sports Inclusion Disability Programme is to increase opportunities for individuals with disabilities



Table Cricket organised by Dublin City

activity at a local level. The programme is coordinated and supported by the CARA National Adapted Physical Activity Centre which is a national organisation responsible for

coordinating, advocating and facilitating for the inclusion of people with disabilities in sport and physical activity.



Sports Ability Day organised by Cork Local Sport

“I cannot stress enough how this service has helped me rediscover appetite for life. An unbelievable system like the sports partnership provides an opportunity to disabled people that should always be supported and encouraged by all levels of society” (Paul Dawson- Athlete Donegal)

As part of programme there are 17 Sports Inclusion Disability Officers (SIDOs) employed by the Local Sports Partnerships. These SIDOs work at local level to support people with disabilities to be active and participate regularly in sport and physical activity. If you have an interest in sport and physical activity or want to try new activities then this is the chance for you, contact your local sports partnership and they will be able to assist you in locating suitable activities within your locality.

Below you will find a list of partnerships and the relevant contact person to get in touch with to start your journey to increasing your participation in sport and physical activity.

Active Donegal	SIDO	Therese Lavery	+353 (0) 74 9116078
Cavan Local Sports Partnership	SIDO	Dean McElroy	+353 (0) 49 437 8582
Clare Sports Partnership	SIDO	James Murrphy	+353 (0)65 686 5434
Cork Sports Partnership	SIDO	Padraig Healy	+353 (0) 21 2061762
Carlow Local Sports Partnership	SIDO	Joanne Wall	+353 (0) 59 9136205
Limerick Local Sports Partnership	SIDO	Elaine Shea	+353 (0)61 333 600
Dublin City Sports Network	Coordinator	Aideen O' Connor	+353 (0)1 2227598
Dún Laoghaire-Rathdown Sports Partnership	SIDO	Phena O'Connor	+353 (0)1 271 9502
Fingal Local Sports Partnership	Coordinator	Marion Browne	+353 (0)1 890 5107
Kerry Recreation & Sports Partnership	Coordinator	Cora Carrigg	+353 (0)66 718 4776
Kilkenny Recreation & Sports Partnership	SIDO	Catriona Corr	+353 (0)56 772 0870
Kildare Sports Partnership	Coordinator	Sly Merrins	+355 (0)45 980 547
Laois Sports Partnership	SIDO	Garrett Culliton	+353 (0)57 867 1248
Leitrim Sports Partnership	Coordinator	Declan Boyle	+353 (0)71 962 0005
Longford Local Sports Partnership		Siobhan McGuinness	+353 (0)43 3343450
Louth Local Sports Partnership	Administrator	Celine Kearney	+353 (0)42 932 4356
Mayo Sports Partnership	SIDO	Ray McNamara	+353 (0)71 916 1511
Meath Local Sports Partnerships	SIDO	Aine Coogan	+353 (0)46 906 7337
Monaghan Local Sports Partnership	SIDO	Dean McElroy	+353 (0)42 975 5126

North Tipperary Sports Partnership	SIDO	Vincent Foley	+353 (0) 67-43604
Offaly Sports Partnership	SIDO	Aoife Byrne	+353 (0)57 934 6829
Sligo Sport and Recreation Partnership	SIDO	Shane Hayes	+353 (0)71 916 1511
South Dublin Local Sports Partnership	Coordinator	Thos McDermott	+353 (0)1 414 9000
South Tipperary Sports Partnership	SIDO	Vincent Foley	353 (0)52 6187080
Waterford Sports Partnership	SIDO	Pauline Cunningham	+353 (0)58 211 92
Westmeath Sports Partnership	SIDO	Mary Duignan	+353 (0)44 939 0208
Sports Active Wexford	Coordinator	Fran Moran	+353 (0)53 917 6688
Wicklow Local Sports Partnership	Coordinator	Garvan Hickey	+353 (0)40 42 0284

For further information on opportunities to participate please contact your Local Sports Partnership of the CARA Centre at 0667145646.