



Get
Ireland
Walking 

SHEDS AG SÚIL



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INTRODUCTION

This booklet aims to provide you and fellow shedders with information about walking and existing walking resources in Ireland.

This short guide hopes to enable you to get walking in your community, or on trails around Ireland. The benefits of walking for men will be outlined as well as some motivational tips to help you increase your walking.

We hope this booklet has a place in your shed, be it on the shelf for people to find when they need ideas on where to go walking or on the table where you have your cup of tea to help inspire shedders to get walking for health, for wellbeing and for social connectedness.

...to help inspire shedders to get walking for health, for wellbeing and for social connectedness.

THIS SHORT
GUIDE HOPES TO
ENABLE YOU TO GET
WALKING IN YOUR
COMMUNITY, OR ON
TRAILS AROUND
IRELAND.

TOGETHER WE CAN "GET IRELAND WALKING"

SHEDs
AG SIÚL

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GET IRELAND WALKING

Get Ireland Walking, an initiative of Sport Ireland, supported by Healthy Ireland and delivered by Mountaineering Ireland, was established in 2013 with the core aim to unify and enable the efforts of all agencies and organisations interested in promoting walking.

Since its inception in 2013, the initiative has grown from a pilot programme to establish itself as a central hub, that collaborates with a broad range of stakeholders, for the promotion of walking. One of the core aims of Get Ireland Walking is to unify and enable the efforts of all organisations and agencies interested in promoting walking for recreation, transport and health.

Get Ireland Walking has expanded the number and scope of the programmes offered, with a emphasis on communities and low active groups. This is consistent with one of Sport Ireland's key objectives of providing sporting and physical activity opportunities to people of all ages and backgrounds in Ireland.

It links with Healthy Ireland's goal to reduce health inequalities and Mountaineering Ireland's values relating to recreation and wellbeing.

By being a leader and setting the walking agenda, Get Ireland Walking will build capacity for the promotion of walking, increase the visibility of walking promotion efforts, ensure better use is made of existing resources through collaborative working and strengthen the impact of all efforts to increase walking behaviour.

...promoting walking for recreation, transport and health.

GET IRELAND WALKING
VISION

A VIBRANT CULTURE
OF WALKING **THROUGHOUT**
IRELAND.

TO EMPOWER AND SUPPORT
PEOPLE TO CHOOSE TO WALK
MORE OFTEN **FOR RECREATION,**
TRANSPORT AND HEALTH AS
PART OF THEIR EVERYDAY LIFE.

GET IRELAND WALKING
MISSION

Since its foundation, the Get Ireland Walking initiative has always put a strong emphasis on partnership work. **The Irish Men's Sheds association and their Sheds for Life initiative** have become a strong partner in our promotion of walking in men. This

partnership has the aim of achieving mutual goals of increasing walking participation and in turn the physical, mental and social health of shedders in Ireland.

THE IRISH MEN'S SHED ASSOCIATION

The Irish Men's Sheds Association (IMSA) is a member-based organisation which exists to maintain links and share information among the network of men's sheds in Ireland. IMSA also act as a representative body to carry the message and ethos of men's sheds onto the national stage.

As a grassroots organisation, IMSA believe strongly in the autonomy of each individual shed, as we strive for a future in which all men have the opportunity to maintain and improve their wellbeing on their own terms within their own communities.

IMSA aim to make it as easy as possible for any like-minded group of men in Ireland to set up, run and maintain a Men's Shed. To this end, we provide information, resources and support to our member sheds throughout Ireland; listening and responding to our members' concerns is a cornerstone of our ethos.

IMSA will work towards a future where all men have the opportunity to improve and maintain their health and wellbeing by participating in a community men's shed.



SHEDS FOR LIFE



Sheds for Life
An initiative by Irish Men's Sheds Association

**SHEDS FOR LIFE
TAKES A POSITIVE & HOLISTIC
APPROACH TO MEN'S HEALTH,
BUILDING ON THE GAINS ALREADY
WON BY SHEDDERS THROUGH
THEIR OWN EFFORTS AND
CO-OPERATION WITH
ONE ANOTHER.**

'Sheds for Life' is an exciting initiative from the Irish Men's Sheds Association with the aim of supporting the physical and mental health and wellbeing of its members.

Men's sheds are already at the forefront of improving men's health and wellbeing in Ireland. According to a major national survey, the vast majority of men who participate in a men's shed feel a marked improvement in their own health and wellbeing.

To help build on these benefits, the Irish Men's Sheds Association has put together a male-specific health and wellbeing initiative. Sheds For Life aims to support men who want to improve their physical and mental health within the comfortable, familiar environment of their own shed.

Sheds For Life takes a positive and holistic approach to men's health, building on the gains already won by shedders through their own efforts and co-operation with one another. The initiative gives shedders the opportunity to inform and educate themselves on how to maintain and improve their own health, in partnership with their communities and the local and national organisations that can make a difference.





LET'S PUT A FOCUS ON MEN'S HEALTH

Ireland acknowledges the need to put a focus on Men's Health, and with the partnership between the Irish Men's Sheds Association and Get Ireland Walking it seems appropriate to put a focus on men and walking.

Men have lower walking participation rates than women and given the suitability of walking for all, we would like to help men increase their walking participation. We

know that walkers are more likely to meet the physical activity recommendations for health so it is important that men aim to increase walking participation.



...it is important that men aim to increase walking participation.

WHY PUT A FOCUS ON WALKING?

Walking has a broad range of benefits including societal benefits relating to climate change and sustainable transport and further benefits to physical and mental health. There is also growing evidence highlighting the added benefits to mental health by being active in the natural environment.



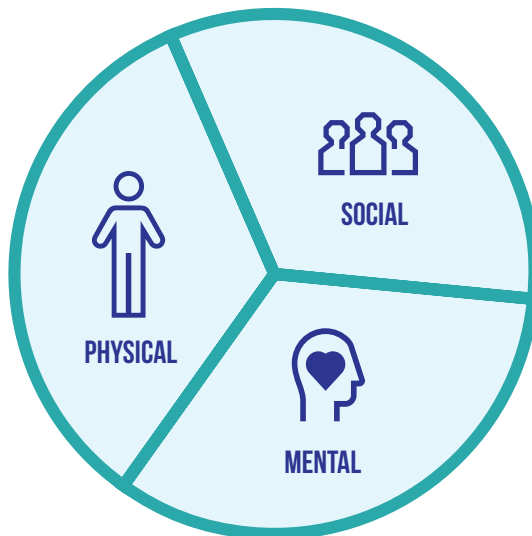
**“WALKING IS
MAN’S BEST
MEDICINE!”**



GET YOUR SHEDDERS WALKING FOR THEIR HEALTH

Walking is a good way of including physical activity in your daily life and is associated with significant health benefits.

The health benefits of walking can be broadly subdivided into;



WALKING FOR PHYSICAL HEALTH

Physical health is sometimes the first thing we think of when we think of health however it is just one aspect of our overall health and wellbeing. Physical wellbeing includes the following components



HEART AND LUNG HEALTH

Regular activity and walking helps our heart and lungs remain healthy. Activity is known to decrease your risk of heart disease.



JOINTS

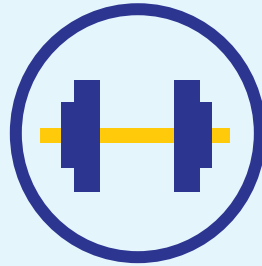
As we get older our joints start to feel as if they are seizing up. Think of our joints as an old door hinge that needs greasing up. One way of greasing up our joints is to move them. When we move our joints (eg. knees, hips, shoulders) we stimulate the flow of synovial fluid which is the **WD40** for our joints. We also know that regular activity and walking strengthens the muscles and ligaments that are stabilising our joints.

“ I FEEL FITTER AFTER STARTING WALKING MORE REGULARLY AND MY BREATHING IS BETTER THAN IT WAS”



BONES

Bones need to be constantly used to ensure that they stay as strong as they can be. With age our bones naturally start to get weaker but we can offset this decline by trying to build weight bearing activities into our day. Walking is a gentle form of a weight bearing activity and will serve to maintain the bone density needed to keep our bones strong and healthy.



MUSCLES

Walking is an ideal way to strengthen muscles involved in walking (mainly leg muscles) as well as many muscles that help maintain good posture (core muscles). Using muscles regularly by moving in any way also helps circulation which can result in helping to keep us warm.

WALKING FOR FUNCTIONAL FITNESS



FUNCTIONAL FITNESS

When we look at how walking can help our physical health, a lot of it comes back to an important concept called “functional fitness”. Whether you hope to build your physical fitness up to be that similar to an athlete or you want to just feel good that is up to you. Functional fitness is what we should all strive to achieve.

This type of fitness allows us to go about daily activities with ease. Walking helps us with this functional fitness by helping the above elements of our physical fitness. Functional fitness includes things like getting up out of a chair, dressing ourselves, reaching to the top shelf in the tools cabinet.



Functional fitness is what we should all strive to achieve. This type of fitness allows us to go about daily activities with ease.

WALKING FOR A HAPPY HEAD

When we talk about mental health, different things come to mind for different people. Being a part of a men's shed already has positive effects on mental health, but it is also known that regular activity such as walking can boost our mental health.

Anxiety and depression can leave feelings of stress and despair. We know that even small amounts of activity including walking can help alleviate these feelings.

Being active helps mood, helps relieve stress and helps us cope with the demand of life.



FURTHERMORE, EVIDENCE HAS SHOWN THE ADDED BENEFITS TO OUR MENTAL HEALTH WHEN WE WALK OR WHEN WE'RE ACTIVE IN A NATURAL ENVIRONMENT. WHY NOT TRY GET OUT TO A LOCAL PARK OR GREENSPACE FOR YOUR NEXT WALK TO ACHIEVE THESE ADDED BENEFITS?



DID YOU KNOW WALKING IS ALSO GOOD FOR YOUR BRAIN HEALTH? WALKING AT A PACETHAT LEAVES YOU A LITTLE OUT OF BREATH REDUCES YOUR RISK OF DEVELOPINGDEMENTIA.

CONNECTING PEOPLE

Shedders know of this social element of health better than most. While walking is something that can be done on your own it is also acknowledged that participating in

walking or any activity in a group helps with our social health. It may even be the cup of tea in the shed following the walk that has the highest social health impact!



**IT MAY EVEN BE THE CUP OF TEA
IN THE SHED** FOLLOWING THE
WALK THAT HAS THE HIGHEST
SOCIAL HEALTH IMPACT!

THERE ARE MANY ADDITIONAL
BENEFITS TO **WALKING IN**
NATURAL SPACES.



WALKING IN NATURAL SPACES

The main message we want to send is that a little bit of movement or walking is better than none. Walking, no matter where it is done, is better than not doing it.

However, new evidence solidifies our knowledge that walking in “green or blue” outdoor spaces including forests, beaches, or parks, results in greater wellbeing benefits associated with walking than walking indoors or in urban spaces.

THESE ADDITIONAL BENEFITS INCLUDE;

- > REDUCED STRESS
- > IMPROVED WELLBEING
- > IMPROVED MOOD
- > IMPROVED ATTENTION
- > IMPROVED POSITIVE EMOTIONS
- > REDUCED NEGATIVE EMOTIONS &
- > INCREASED SELF-ESTEEM



YOU DON'T NEED TO VENTURE INTO THE FOREST TO FIND A GREEN SPACE, CHECK OUT YOUR LOCAL PARK

HOW MUCH WALKING SHOULD I DO?

The key message is that walking is for everyone, and any level of activity is better for your health than none.

For health benefits, adults should take part in at least 30 minutes of moderate intensity activity, five days per week (or 150 minutes per week). This should include muscle strengthening, flexibility and bone strengthening exercises two to three times per week.

Some physical activity is better than none, more is better than some, and any amount of physical activity you do gains some health benefits.

You can count shorter bouts of activity towards the guidelines. These bouts should last for at least 10 minutes so it is these short bouts of exercise that you can promote in your shed.



...any amount of physical activity you do gains some health benefits...

OTHER MODERATE INTENSITY ACTIVITIES SUCH AS PLAYING SPORTS, SWIMMING OR CYCLING ARE ALSO BENEFICIAL TO YOUR HEALTH. **THESE ACTIVITIES CAN BE INCLUDED IN THE OPTIMUM 150 MINUTES OF PHYSICAL ACTIVITY.**

SAFETY FIRST!

THE BENEFITS OF
PHYSICAL ACTIVITY
AND WALKING FAR
OUTWEIGH THE
POSSIBLE RISKS.

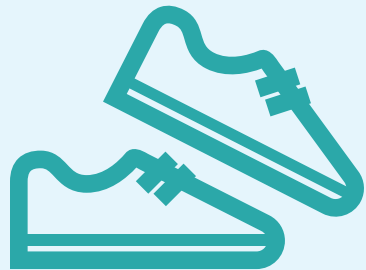
The benefits of physical activity and walking far outweigh the possible risks. Few people are likely to injure themselves taking part in moderate intensity activities for the duration recommended in the guidelines.

POSSIBLE RISKS CAN BE REDUCED BY:

- > increasing the level of physical activity or walking very gradually over a period of time;
- > wearing suitable clothing and footwear;
- > using appropriate equipment and protective equipment (such as high vis vests in the dark or on country roads);
- > and being active in safe places.

USEFUL KIT

If you are walking on footpaths, roads or local parks, a pair of comfortable shoes will be fine. A light waterproof jacket will also help to keep you dry. Wear a high visibility vest or arm bands if you are walking in the early morning or in the dark evenings.



LET'S GET GOING!

You don't have to do it all at once. You can build up the number of minutes you walk by achieving small bouts of activity (at least 10 minutes at a time).

You can start at a slow pace and build up to a brisk pace as mentioned below.

WARM UP



The warm up does not have to be technical. It is about just that, “warming up”. By starting your walk at a slow pace it will give your joints time to get greased up and time for your heart rate to gradually increase sending blood to the now working muscles.



A warm up can be very short, even 5 minutes may be enough. But listen to your body, only increase the pace when you are ready to do so.



Remember to get the go-ahead from your doctor before you start exercise

POSTURE

Before your walk, as well as during your walk, take the time to do a posture check. Having good, safe posture increases the amount of energy you use as well as keeping your joints safe and limiting the chance of lower back pain.

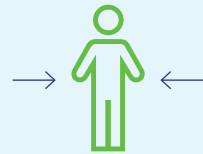
POSTURE CHECK



Standing tall



Lift your shoulders
towards your ears, then
roll them back & down



Pull your navel towards
your spine.

You can build up the number of minutes you walk by achieving small bouts of activity

MAKE IT BRISK!

**LISTEN
TO YOUR BODY,
ONLY INCREASE THE
PACE WHEN YOU
ARE READY
TO DO SO.**

INTENSITY

For health benefits it is optimal to work at a moderate intensity. Working at a moderate intensity will mean that your heart rate is higher than usual, and your breathing rate is higher than usual. This should feel like a brisk pace. To ensure you are walking at a moderate intensity you can do a few simple checks.



TALK TEST:

The talk test is an easy way to ensure you are working at the correct intensity.

If you can have a conversation with someone next to you while still breathing faster than usual then you are working at a moderate intensity.



IF YOU HAVE NOT BEEN ACTIVE FOR A WHILE START WITH SHORT WALKS OF 10 MINUTES OR LESS. GRADUALLY INCREASE THE LENGTH OF YOUR WALK OVER TIME UNTIL YOU REACH THE GUIDELINES FOR HEALTH.

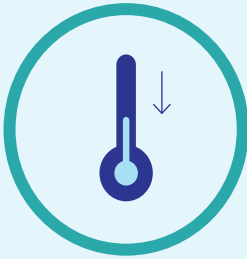
n's Shed

SHEDs
AG SIÚL

**IF YOU HAVE NOT BEEN ACTIVE
FOR A WHILE START WITH SHORT
WALKS OF 10 MINUTES OR LESS.**



COOLING DOWN



A cool down is the opposite to a warm up.



It lets your heart rate and rate of breathing return back to its normal rate.

**AFTER
YOU WALK, TAKE
NOTE OF; HOW YOU
FEEL, HOW YOUR
MOOD IS, AND HOW
YOUR ENERGY
LEVELS ARE**



A cool down may take the form of 5 minutes slow walking before you come to a complete stop.



It is important to include this cool down to ensure blood remains flowing and does not pool in your lower extremities.



IF YOU OR ANY SHEDDER HAS BEEN DIAGNOSED WITH A CHRONIC ILLNESS SUCH AS DIABETES, HEART DISEASE, OR OSTEOARTHRITIS OR IF YOU HAVE SYMPTOMS SUCH AS CHEST PAIN OR PRESSURE, DIZZINESS OR JOINT PAIN, TALK TO YOUR DOCTOR OR HEALTH PROFESSIONAL BEFORE YOU INCREASE YOUR WALKING LEVELS.

PRACTICAL TIPS TO HELP YOU AND YOUR SHEDDERS INCREASE WALKING

- > Park a distance away from the shops, work or your shed and walk the rest of the way, or better still, leave the car at home.
- > Get off the bus one or two stops before your destination and walk the rest of the way.
- > Go for a walk with family, friends, neighbours or shedders.
- > Lead by example-ask your children or grandchildren to come for a walk
- > You could join an existing walking group in your community (check out the listing of groups on www.getirelandwalking.ie) or start a walking group in your shed or community.

THE FOLLOWING PAGES IDENTIFY SOME SUPPORTS, RESOURCES AND IDEAS ON HOW AND WHERE TO GO WALKING...



STARTING A WALKING GROUP IN YOUR SHED IS A GREAT ACTIVITY- THE WALKS CAN BE AS SHORT OR AS LONG AS YOU WISH

GO FOR A WALK WITH FAMILY,
FRIENDS, NEIGHBOURS
OR SHEDDERS.



JOINING OR STARTING A WALKING GROUP

- > You and your fellow shedders could get involved in and join an existing walking group in your community.
- > You can check out the listing of existing walking groups on www.getirelandwalking.ie

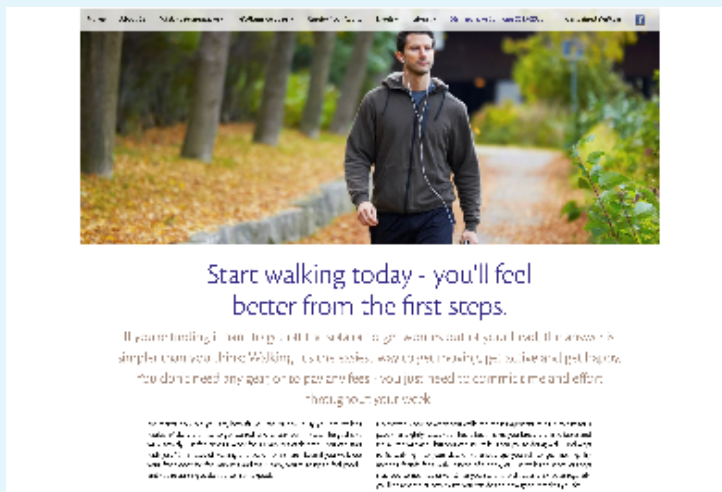
You could also start your own walking group in your community, shed, or organise a walking group between a number of local sheds. If you are interested in starting your own shed walking group you can get in

touch with the Get Ireland Walking team for support, or register your walking group on www.getirelandwalking.ie and you will receive some walking supports and free walk leader insurance.



BENEFITS OF WALKING IN A GROUP INCLUDE:

- > Group members can help keep each other motivated
- > Members encourage each other to go out when enthusiasm is low
- > Walking in a group is sociable
- > Walking groups can help give individuals confidence to walk on their own too.



Get Ireland Walking Homepage

ONCE YOU HAVE REGISTERED TO OBTAIN FREE WALK LEADER INSURANCE STARTING YOUR WALKING GROUP IS SIMPLE:



STEP 1:

Identify a day and a time to meet at your shed and go for a walk eg: walk on Wednesday at 10am.



STEP 2:

Identify a suitable route around the town or locality-Start with a short walk and build this up as appropriate.



STEP 3:

Back to the shed for a cup of tea and a chat!

THE IRISH HEART FOUNDATION'S SLÍ NA SLÁINTE PROGRAMME

The Irish Heart Foundation is a national charity dedicated to fighting heart disease and stroke and is currently an Irish Men's Shed Association partner organisation contributing to the Sheds for Life initiative.

The mission of The Irish heart foundation is to affect positive change in the lifestyle of people in Ireland and to achieve better outcomes for those affected by heart disease and stroke.

The Slí na Sláinte programme, meaning "path to health" is a health promotion initiative of The Irish Heart Foundation which aims to encourage people of all ages and abilities to walk for leisure and better health. Slí na Sláinte has two core components; to provide training and to develop walking routes.



The Irish Heart Foundation,
empowering people to live
longer happier lives



**THERE ARE NOW
OVER 400 SLÍ NA SLÁINTE
ROUTES IN TOWNS, VILLAGES,
GAA CLUBS, SCHOOLS,
AND WORKPLACES
COUNTRYWIDE.**



SLÍ NA SLÁINTE ROUTES

There are now over 400 Slí na Sláinte routes in towns, villages, GAA clubs, schools, and workplaces countrywide. The Slí routes are typically 2km-5km in length and use solid terrain (footpaths, roads etc.). The routes are signposted with map boards, kilometre way markers and directional arrows allowing people to keep track of the distance they walk.

WALKING LEADER TRAINING

Walking Leader Training enables people to set up and lead local community walking groups. The training teaches people simple warm up and warm down exercises,

practical leadership skills, road safety for walking groups and how to plan a walking programme for your group.

WWW.IRISHHEART.IE

01 668 5001

COILLTE FOREST TRAILS



Coillte provide some of Ireland's best outdoor recreation opportunities for walking. There are over 3000km of walking trails located in forest sites around the country so there is sure to be a suitable trail near you.

Coillte acknowledge the importance of the link between outdoor walking in nature and wellbeing, so make use of this natural resource and immerse yourself in nature while you are getting your walk.

For full details on all the walking trails located on Coillte properties around Ireland as well as plenty of useful information about enjoying the outdoors you can visit

WWW.COILLTE.IE/ACTIVITY/WALKING

Coillte acknowledge the importance of the link between outdoor walking in nature and wellbeing...







BLUEWAYS

Blueways are a network of multi-activity recreational trails, based on or alongside idyllic lakes, canals and rivers in Ireland. Connect with friends and family as you escape to unique natural environments.

Self-guided walks are accessible, fun ways to use the waterways either as part of a Sunday outing, for healthy walks or for traffic free enjoyment of longer distance trails. Check out the walks on each waterway to find the one that suits you or your shedders, your starting point and your timeframe the best.

The Blueways Ireland website provides information on the trails available with maps, and further information about the trail.

WWW.BLUEWAYSIRELAND.ORG



An example of the maps available on blueways.org

SPORT IRELAND TRAILS



**SPORT
IRELAND**
TRAILS

Sport Ireland Trails maintains a National Trails Register that has currently over 920 trails listed. There are a variety of different walking routes available on their website:

www.irishtrails.ie. This website is great for finding out what is available in your locality and planning your next short or long group walk.

- Forest Trails
- River Bank walks
- Coastal Paths
- National Waymarked Trails
- Accessible Routes

There are fully developed waymarked walking routes available in every county in Ireland so go walking and **#FindYourTrail**.



WWW.IRISHTRAILS.IE



YOUR LOCAL SPORTS PARTNERSHIP

Local sports partnerships work to increase participation rate of physical activity in their local communities including many walking related activities. There are 29 local sports partnerships across the Republic of Ireland, with at least one in each county.



Local Sports Partnerships across Ireland

A full list of local sports partnerships in Ireland are available on www.sportireland.ie. There are many fun physical activity related activities going on through your local sports partnership. You could identify and contact your local sports partnership to keep you posted on any activities that would be suitable for you.

YOUR LOCAL SPORTS PARTNERSHIP CONTACT DETAILS

CARLOW LOCAL SPORTS PARTNERSHIP

Dept Comm & Enterprise, Carlow County Council, Athy Road, Carlow

059 913 6205
mjduggan@carlowcoco.ie
www.carlowsports.ie

CAVAN SPORTS PARTNERSHIP

Cavan County Council, Community & Enterprise, Farnham Centre, Farnham St, Cavan

049 437 8582
info@cavansportspartnership.
www.cavansportspartnership.ie

CLARE SPORTS PARTNERSHIP

Unit 1, Westgate, Business Park, Ennis, Co. Clare

065 686 5434
info@claresportspartnership.ie,
www.claresportspartnership.ie

CORK SPORTS PARTNERSHIP

Motor Tax Office, Model Farm Business Park, Model Farm Road, Cork

021 434 7096
info@corksports.ie
www.corksports.ie

ACTIVE DONEGAL

Office No. 7, First Floor Unit, River Front House, Pearse Road, Letterkenny, Donegal,

074 911 6078 / 911 6079
info@activedonegal.com
www.activedonegal.com

- DUBLIN

DUBLIN CITY SPORT & WELLBEING PARTNERSHIP,

Dublin City Council, Floor 4,
3 Palace Street, Dublin 2

01 222 7858
sports@dublincity.ie
www.dublincity.ie

DUN LAOGHAIRE-RATHDOWN LOCAL SPORTS

Partnership, Dun Laoghaire-Rathdown County Council, County Hall,
Marine Road, Dun Laoghaire

01 271 9507
info@drlrcoco.ie
www.dlrsportspartnership.ie



FINGAL SPORTS PARTNERSHIP

Sports Office, Fingal County Council,
Civic Offices, Grove Road,
Blanchardstown, Dublin 15

01 8905107
Marion.Brown@fingal.ie
www.fingal.ie

SOUTH DUBLIN COUNTY SPORTS PARTNERSHIP,

South Dublin County Council,
County Hall, Tallaght, Dublin 24

01 414 9000
info@sdscsp.ie
www.sdscsp.ie

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GALWAY SPORTS PARTNERSHIP

C/O Community, Enterprise & Economic
Development, Galway County Council, County
Hall, Prospect Hill, Galway

091 509 572 / 509 577 / 536 459 galwayactive@
galwaycoco.ie
www.galwayactive.ie

KERRY RECREATION & SPORTS PARTNERSHIP

Kerry County Council, County Buildings,
Tralee, Co. Kerry

066 718 4776
info@kerrycoco.ie
www.kerryrecreationandsports.ie

KILKENNY RECREATION AND SPORTS PARTNERSHIP

John's Green House, John's Green, Kilkenny

0567794990
info@krsp.ie

KILDARE SPORTS PARTNERSHIP

Level 5, Aras Chill
Dara, Devoy Park, Naas, Kildare

045 980547
smerrins@kildarecoco.ie

LAOIS SPORTS PARTNERSHIP

Portlaoise Leisure Centre, Moneyballytyrrell,
Portlaoise, Co. Laois

057 867 1248
info@laoissports.ie
www.laoissports.ie

LEITRIM SPORTS PARTNERSHIP

Leitrim County Council, Aras an Chontae,
Carrick on Shannon, Leitrim

071 9650498
dboyle@leitrimcoco.ie
www.leitrimsports.ie

YOUR LOCAL SPORTS PARTNERSHIP CONTACT DETAILS

LIMERICK SPORTS PARTNERSHIP

UL Sport Arena, University of Limerick,
Castletroy, Limerick

061 333600
info@limericksports.ie

LONGFORD SPORTS PARTNERSHIP

Aras an Chontae,
Great Water Street, Longford

043 334 3307
info@longfordsports.ie
www.longfordsports.ie

LOUTH SPORTS PARTNERSHIP

Louth County Council, County Hall,
Millennium Centre, Dundalk, Louth

042 932 4318
graham.russell@louthcoco.ie
www.louthlsp.ie

MAYO SPORTS PARTNERSHIP

Community & Enterprise Office,
Mayo County Council, Cedar Building
(2nd Floor), Moneen, Castlebar, Mayo

094 904 7256
msp@mayococo.ie
www.mayosports.ie

MEATH LOCAL SPORTS PARTNERSHIP

Town Hall, Watergate Street, Navan,
Co. Meath

0469067337
mlsp@meathcoco.ie
www.meathsports.ie

MONAGHAN LOCAL SPORTS PARTNERSHIP,

Ballybay Civic Centre, Main Street,
Ballybay, Co. Monaghan

042 9755126
info@monaghancoco.ie
www.monaghansports.ie

OFFALY LOCAL SPORTS PARTNERSHIP

Local Community Development Section,
Offaly County Council, Áras an Chontae,
Charleville Road, Tullamore, Offaly

057 93 46843
sports@offalycoco.ie
www.offalysports.ie



ROSCOMMON SPORTS PARTNERSHIP

c/o GRETB Offices, Lanesboro Street,
Roscommon

090 663 0853
info@rosactive.org
www.rosactive.org

SLIGO SPORT & RECREATION PARTNERSHIP

Mayo Sligo Leitrim ETB, Quay Street,
Sligo

071 916 1511
info@sligosportandrecreation.ie
www.sligosportandrecreation.ie

TIPPERARY SPORTS PARTNERSHIP

Ballingarrane House, Ballingarrane,
Clonmel, Co. Tipperary

052 618 7077
info@tipperarysports.ie
www.tipperarysports.ie

WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Waterford

076 110 2194
info@waterfordsportspartnership.ie
www.waterfordsportspartnership.ie

WESTMEATH SPORTS PARTNERSHIP

Governor's House, County Buildings,
Mount St, Mullingar, Westmeath

044 939 0208
info@westmeathsports.ie
www.westmeathsports.ie

SPORTS ACTIVE WEXFORD

Community and Enterprise, Wexford County
Council, County Hall, Carriglaw, Wexford

053 919 6557
sports.active@wexfordcoco.ie
www.wexford.ie/sportsactive

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