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Waterford Sports Partnership Strategy 2018-2022

Since April 2018, we have been taking some time out to review the outcomes and impacts of our work under the current strategy (2014-2017) and to consider how best to prioritise and focus our efforts for the coming years (2018-2022) to maximise the positive impacts on participation in sport and physical activity for the people of Waterford. We have held a series of workshops and have invited representatives from schools, sports clubs, older adults, disability and other community organisations as well as holding workshops with our delivery partners (tutors, NGB staff, partner organisations etc), WSP Board and WSP staff. The intention of these workshops was to hear the views of organisations and individuals regarding WSP initiatives which have made a positive difference while also getting feedback on current gaps in provision which need to be addressed.

We wish to thank all those who have attended so far for their valuable contribution. We will be circulating a survey to representatives of the various organisations we work with and look forward to hearing your views. Alternatively please feel free to send in any further contribution and feedback by email directly to rkealy@waterfordsportspartnership.ie before Wednesday 6th June 2018.

Waterford SportsAbility Day a Great Success!

Waterford Sports Partnership, in association with WIT Arena, were delighted to hold Waterford's inaugural SportsAbility Day on Saturday 14th April from 11am to 2pm in WIT Arena, Carrigmore, Waterford.

The SportsAbility Day was launched by Deputy Mayor John Cummins, who was honoured to open the Waterford SportsAbility Day and also launch Waterford's SportsAbility Forum. Mayor Cummins echoed the message of the SportsAbility Forum, saying that 'days like these give people with a disability an opportunity to take part and try sport and physical activity'.



The Arena was a hive of activity with over 200 participants in attendance on the day. The SportsAbility Day showcased a wide range of 'Come & Try It' sessions including Tag Rugby (Waterford City RFC), Athletics (IWA Sport), Wheelchair Basketball (IWA Sport), Fun & Run (GAA), Football for All (FAI), Yoga (Tracy Boland) and Blind Tennis (Vision Sports Ireland) just to name a few. There were twenty information stands from local sports clubs, leisure facilities and disability organisations to provide information support and advice to attendees on what is happening in Waterford at present. There was also a sensory room on site for any visitors who needed some quiet time during the day.

In addition to this, Mairead O' Sullivan, Senior Paediatric Dietician with the HSE, provided a Nutrition Workshop on 'The Importance of Fluid Intake'. The Questions and Answers session with three key speakers (Mary Fitzgerald, Jim Walsh and Eileen Simpson) drew a large crowd, which focused on the impact that Sport and physical activity has had on their lives.



Overall the day was a huge success and is only the start of all the exciting opportunities for people with a disability in Waterford to come in the future. Gary Power (FAI Development Officers) commented on the success of the day and said 'This event was one of the best events ever organised by Waterford Sports Partnership'. Check out page 19 for more great photos from the SportsAbility Day.

For more information on Disability Opportunities please contact our Sports Inclusion Disability Officer, Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie.

MEET THE WSP TEAM

The Waterford Sports Partnership Team work from two office bases in Dungarvan and Waterford

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Sports Development Team

Our Sports Development Team is responsible for the development, delivery and promotion of sport and physical activity for the people of Waterford. They work to develop targeted initiatives with various community based organisations to promote the participation of young people, older adults, women and teenage girls, people with a disability, jobseekers and the general public in physical activity and sport. They also support local sports clubs and coaches with a particular focus on training and education.

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DEVELOPMENT OFFICER	FOCUS AREA/PROGRAMMES	BASED IN
Peter Jones	Men Older Adults Cycling Club Development Safeguarding	Dungarvan
Pauline Cunningham	Disability Women Walking Disability Awareness	Waterford
Brian O'Neill	Youth at Risk Young People Sport Leader	Waterford
Louise Barry	Pre school, Primary and Secondary Schools Teenage Girls Carrickphierish Hub	Waterford
Eadaoin Loughman	Community Based Programmes: Walking, Cycling, Orienteering, Swimming Waterford Greenway.	Dungarvan

It has been a busy time for schools across Waterford City and County over the past number of months. Active Schools Week took place from April 23rd to 27th, WSP has been working closely with schools to deliver a number of activities, provide equipment and to offer teacher training opportunities. Here is an update of what's been happening:

Active Homework Challenge

The aim of this initiative is to increase the physical activity levels of school going children in Waterford City and County, thus helping each child reach the national recommendation of 60 minutes of activity per day. Each child receives an Active Homework Challenge Diary (as do the teachers who would like to lead by example and take on the challenge themselves!). The students take on the 'Weekly Skills Challenge' which can be completed as a class together within school time, or individually at home as part of the pupils 'Active homework'. A big well done and best of luck to the following schools who are undertaking the challenge: Kilmacthomas N.S.; Waterford Educate Together N.S.; Gaelsoil Philib Barún, Tramore; Glor na Mara, Tramore & St. Ursuline's Primary School.



Golf for Schools

WSP and the Confederation of Golf Ireland (CGI) have teamed up to give schools around Waterford the opportunity to try Golf.

The CGI will designate a qualified tutor to visit the school and deliver a fun-filled taster session, giving students a chance to try out the golf equipment and learn the fundamentals of the game. The following schools will engage on the programme over the coming weeks and we look forward to having the programme rolled out in Waterford; Waterford Educate Together National School; Bunscoil Bothar na Naomh, Lismore Primary School; Our Lady of Mercy Senior National School and St. Ursuline's Primary School.



Sports Hall Athletics

The Sports Hall Athletics Programme is a partnership programme between WSP and Athletics Ireland which aims to introduce junior and senior cycle children in primary schools to the fundamental skills of athletics using agility, balance, and coordination activities. WSP have provided Sports Hall Athletics equipment on loan to the participating schools for a period of six weeks each where the pupils can use appropriate equipment to learn and practice new skills.



WSP tutor, Pat Power, has been busy delivering master sessions in Scoil Lorcaín and Kilmacthomas Primary School and we look forward to delivering to Mount Sion Primary School and Our Lady of Mercy Senior National School in the coming weeks.

Zumba Taster Sessions

St. Paul's Primary School has recently enjoyed a visit from a Zumba instructor. All students had a chance to take part in a fun and enjoyable dance session! The students learned basic dance moves in small segments which were then put together to form a fun routine. Well done to all involved!



Hoops for Girls

WSP and Wildcats Basketball Club collaborated to create the 'Hoops for Girls' Programme, designed to give primary schools children the chance to have the expertise of two WIT Erasmus students on Victory Scholarships for Basketball Training. The WIT Scholarship students have visited three schools over the past few weeks. The aim of the school visit is to encourage young girls to participate in basketball and learn new skills and drills with a pathway to joining the local club. The programme has been well received and we look forward to continuing to create the links between schools and clubs in the community.



Walking Leader Teacher Training

In support of Active Schools Week and schools achieving their Active Flag, WSP provided an adapted Walking Leader Training specifically for teachers, principals and support staff. The aim of this training was to enable teachers to plan and lead a single walking session or series of walks for their schools. The format was one hour introduction session to cover benefits of walking, tips to include walking, different types of walking, making walking fun and enjoyable. Well done to the staff from Bunscoil Bothar na Naomh, Lismore Primary School, Our Lady of Mercy Senior National School, Kilmacthomas Primary School and St. John of God's School who attended the training.

Fishing Programme

WSP is partnering with St Paul's Fishing Club to run a three week fishing programme for sixth class students from St Marys N.S. at Ballyshunock Lake, Portlaoise. During the students will learn about biodiversity and the basics of fishing: learning how to set up their rod, place the bait on the hook and cast the rod. The programme aims to utilise the natural surroundings and introduce fishing to students as a sport and as a way of relaxing. This is an exciting initiative that offers a unique experience for all involved. The cost of the programme is covered by WSP through Women in Sport funding, with the school covering the bus transportation cost to the lake. **If your school or community group is interested in taking part in Fishing, please contact Eadaoin on 076 1102199 or email eloughman@waterfordsportpartnership.ie.**

Over 50's Circuit Training

WSP continues to co-ordinate Circuit Training for over 50's and are delighted that we now have three new circuit venues meaning circuits are delivered weekly in Dungarvan, Kilmacthomas, Cappoquin, Waterford City and Tramore. We are delighted that as many as one hundred and eighty three older adults completed at least one session in any of our five locations from January of this year. The adapted circuit includes a range of exercises to develop strength, joint mobility, flexibility, co-ordination, fitness and, most importantly, to have some craic! These circuits provide a wonderful opportunity for people to get out and about and become physically active in a fun and social environment. The stations are also used as 'training' for events such as the Inter-County Games and the National Go for Life Games which are held in Dublin in June.



If you're interested in circuits here is the timetable . . .

DAY	VENUE	TIME	WHEN	COST
MONDAY	Dungarvan Sports Centre	9-10am	Starting back in September	€3 inc tea/coffee
MONDAY	Cill Barra Sports Centre, Waterford	9.30-10.30am	ongoing	€3 inc tea/coffee
MONDAY	Rainbow Hall, Kilmacthomas	10-11am	Starting back in September	€3 inc tea/coffee
MONDAY	Cappoquin Community Centre	3-3.30pm	Starting back in September	€1 inc tea/coffee
MONDAY	Tramore GAA Club	2-3pm	Starting back in September	€3 inc tea/coffee

Waterford Games Extravaganza

Now that we have five areas in Waterford where 'Over 50's' are taking part in 'Circuits' on Mondays, we coordinated a fun circuit sessions for all the groups in WIT Arena on Monday 16th April. A total of 38 'Over 50's' took part in the activity day where great fun was had by all. WSP staff and tutors Lauren Walsh Kett and Shane Dineen conducted a fun warm up followed by 12 stations to improve strength, flexibility, coordination and most importantly to have a bit of craic.

Check out the video from the day on our You Tube Channel.



Introductory Support Visits

Waterford Sports Partnership delivers support visits to active retirement groups and facilities with the aim of ensuring physical activity is obtainable and sustainable in groups. We have delivered two support visits so far this year; one to the 36 members of Kilmeaden Active retirement group and one to the staff of Assisi House Day Care Centre. These introductory support visits break down barriers for groups and show them that simple exercises can improve strength and aerobic exercise is doable. These introductory support visits try to give participants a flavour of what activities we currently coordinate for all older adults.

To find out more please contact Peter Jones on 076 110 2191 or email pjones@waterfordsportspartnership.ie

Walk for Life | Summer 2018

We are hosting a series of four accessible walks for over 50's and people with a disability. The aim of the series is to give people the opportunity to create links with others in their locality and experience some of the wonderful Waterford Walks.

DATE	VENUE	MEETING POINT
Tuesday 19 th June	Mahon Falls	10.30am @ Mahon Falls Car Park
Tuesday 26 rd June	Anne Valley Walk Dunhill	10.30am @ Anne Valley Car Park (with fishing hut)
Tuesday 3 rd July	Colligan Woods	10.30am @ Colligan Woods Car Park
Tuesday 10 th July	Tramore Promenade	10.30am @ Tramore Promenade (Arcade side)

€3 per walk to include tea/coffee/scone

Booking essential. Please contact Peter on 076 110 2191 or email pjones@waterfordsportspartnership.ie



Bicycle Training for Beginners

Date and Time: On request. | **Venue:** Dungarvan & Waterford.
Cost: €30pp, 5 x 60 minute sessions includes bike hire.
Booking: Booking essential, minimum number of 10 needed.
 Please contact Peter on 076 110 2191
 or email pjones@waterfordsportpartnership.ie

Bicycle Training Refresher

Date and Time: On request. | **Venue:** We will travel to you.
Cost: FREE but group do need to bring their own bikes.
Booking: Booking essential.
 Please contact Peter on 076 110 2191
 or email pjones@waterfordsportpartnership.ie

Learn to Swim Programme



We coordinated three Learn to Swim programmes for people aged 50 and over. In total 30 people are taking the plunge at the Park Hotel and the Kingfisher Club. We also have men only sessions in the Park Hotel. The feedback from participants has been excellent with one participant commenting 'swimming is an essential life skill that I never got to learn as a child'.

Equipment and Demonstrations

WSP has a range of games equipment including polybat (adaptation of table tennis), box hockey (adaptation of hockey), Flisk (adaptation of Frisbee), Lobbers (adaptation of boules) and Scidils (adaptation of Bowling).
 To arrange a demonstration or to borrow equipment, contact Peter Jones on 076 110 2191
 or email pjones@waterfordsportpartnership.ie

Leisure Centre Opportunities

Active Older People Class

Park Hotel Leisure Centre, Dungarvan

This fun and social class aims to maintain and improve balance and muscle strength for everyday activities and incorporates seated exercise and low impact aerobic activity.
 Every Tuesday 11am-12pm.
 €6 for gym members and €8 for non- members.
 Pre-screening and booking required, please call (058) 42902.

Active Older People Gym Support

Park Hotel Leisure Centre, Dungarvan

Leisure Centre Staff will be available to induct and assist older people that are interested in getting started in the Park Hotel Leisure Centre gym every Tuesday between 10-10.50am.
 Pay as you go rates from €6 per session, membership rates available upon request.
 No booking necessary, for queries please call (058) 42902.



Active Retirement Activity Class

Kingfisher Club, Waterford

The Kingfisher Health and Fitness Club run an Active Retirement Activity Programme for Men and Women. €5 per session. Women's class every Monday 10-11am | Men's class every Wednesday 10-11am. Please call Jacqui Watson on 086 2634061 for more information.

Pay as you Go Gym Session

Cill Barra Sports Centre, Waterford

Pay as you go - Anytime
 €3.50 per session - Loyalty card pay for 8 get 9th free
 No booking necessary, for queries call the centre on (051) 350800.

Bowling opportunities in Waterford

A number of centres currently run weekly bowling sessions as follows:

Butler Community Centre | Waterford

Mondays 10-12pm €5 per person
 For more information please call: (051) 876907

Cill Barra Sports Centre | Ballybeg | Waterford

Tuesdays 10:30-12:30pm €4 per person with instructor
 For more information please call: (051) 350800

Causeway Tennis & Bowls Club | Dungarvan

Outdoor bowling: €4 taster session | Annual membership €100.
 Contact James Mullen on 085 1981639 or Celia Gaffney on 087 8219218 to organise a taster session.



Pitch & Putt opportunities

Regional Sports Centre

Cork Road | Waterford

Mon to Thurs | 9am to 9pm

Fri to Sun | 9am to 4pm

€2.50 for over 55's (proof may be required)

For more information please call: 051 309908

Cunnigar Pitch and Putt Club

Dungarvan

Daily 10am-8pm | €5pp | Free lessons available.

For more information please call: 087 9412570

Strength and Conditioning

for coaches of 12-16 year olds

WSP identified improving fundamental movement skills as a key area for development. As a result, we are piloting a Simple Strength and Conditioning Programme for coaches of teenagers to give them practical examples of how to incorporate simple movements and exercise into their coaching session. WSP, in partnership with tutor Irene Clarke, are delivering three progressive sessions in April, May and June.

During the sessions, coaches are learning how to do warm-ups/cool downs, mobility, drills, prehabilitation, muscle activations, plyometrics. At the end of the three workshops the coaches will be able to go back to their clubs and introduce all of this as a circuit for base training/off season or elements of it into every training session.

We are using the following format for delivery:

Explain WHAT and WHY | Demonstrate | Practice as a group with general feedback | Practise in pairs with coach/athlete.

We are delighted that the course is full and 16 coaches from 12 clubs and 9 sports are represented. Our first session was delivered on Monday 16th April in Abbeyside National School and focused on mobility and muscle activation techniques and drills. Feedback was excellent with participants saying 'This is new S +C knowledge for me but it is something that can be coached easily enough to my group.' and 'I have learned about what exercise I can do for a warm up in my training session & muscle activation.'

Workshop 2 will be delivered on 21st May and focus on plyometrics and the third workshop will be delivered on 18th June covering how to incorporate all strength and conditioning techniques and practices into a coaching session.



SIMPLE Strength & Conditioning

for coaches of 12 to 16 year olds

WSP will deliver a series of three workshops aimed at the volunteer parent/coach to introduce them to simple Strength & Conditioning for 12-16 year olds.



The coaches will learn how to do warm-ups/cool downs, mobility drills, prehabilitation, muscle activations, plyometrics. At the end of the three workshops the coaches will be able to go back to their clubs and introduce all of this as a circuit for base training/off season or elements of it into every training session.

We will use the following format for delivery:

- ◆ Explain WHAT and WHY ◆ Demonstrate
- ◆ Practice as a group with general feedback
- ◆ Practise in pairs with coach/athlete.

CLUBS IN ATTENDANCE

- Kilrossanty Brickeys
- Waterford Crystal Swimming Club
- Ballyduff Lower GAA
- Stradbally GAA
- Portlaw GAA
- St. Pat's Juvenile GAA Club
- Seaview Celtic F.C.
- Kilrossanty Brickey Ladies Football Club
- KCK Athletic Club
- Waterford Hockey Club
- Dungarvan Tae Kwondo
- Cappoquin Camogie Club

WSP/WIT/GAA Coach Development Programme

WSP has liaised with the GAA and Camogie Association to work with WIT Coaching students to benefit local clubs. 23 WIT students attended a GAA Dual Foundation Award in January and also attended a WSP Safeguarding 1 Course. These students then coached in seven local GAA and Camogie Clubs for eight weeks.

The programme was a huge success, Eoin Breathnach, Development Officer with Waterford GAA Coaching & Games said, 'The partnership between National Governing Bodies, WSP and WIT has ensured that students not only gain valuable coaching experience, has made them more employable and also ensured their expertise has assisted the next generation of coaches and players in the county'. WIT Student Enya Byrne who coached in Portlaw GAA Club said 'The best part of coaching for me is the experience of working with children as I've never coached children before. The mentor is great with the children and has a variety of different drills to do at training. She's also getting us involved and listening to what we have to say!'



CLUBS INVOLVED ARE:

- Ferrybank GAA
- Abbeyside GAA
- Tramore GAA
- St. Saviour's GAA
- Portlaw Camogie
- Ferrybank Camogie

Ferrybank GAA who were one of the clubs involved in the programme stated 'all the sessions were well planned and structured. The coaches were very active and took control of the sessions. There was plenty of encouragement and coaching inputs from the Coaches. The Ferrybank mentors were very happy with the coaching standard; 'The concept and the operational aspects of the programme were excellent, and the coaching contribution was also very beneficial.'

WSP/GAA, Camogie Association and WIT have all committed to delivering a similar programme in 2018/19. If you or your Club are interested in the programme or want further information, please contact Peter Jones on 0761 10 2191 or email pjones@waterfordsportspartnership.ie.

Men on the Move

The Men on the Move Programme is a physical activity programme for men. The focus of the programme is to encourage men to get more active, have fun and improve their fitness levels through twice weekly activity sessions for twelve weeks. The programme offers men the chance to learn and take part in safe, effective exercises which are designed to suit everyone's needs. They should see both physical and psychological benefits such as improved mood, increased energy, weight loss/control and improved mobility and greater functional fitness. The twice weekly one hour physical activity sessions focus on aerobic exercises for forty minutes and work on core strength and flexibility for twenty minutes.



PARTICIPANT/TUTOR FEEDBACK

'It's been great fun and I get a lot more motivation from being in a group. There is a great bit of banter and a great bit of fun and the instructors can tailor the programme to my individual needs.'

Michael Lanigan, Participant.

'It's been great to see the development of the group over the last few years. This programme saw new men come on board and also guys who have been participating for two years who are getting fitter, stronger and more active.'

Lauren Walsh Kett, Dungarvan Tutor.

January/February 2018

Thirty eight men completed the eight week Men on the Move Programme in Waterford City and Dungarvan. As the tables of results show, there was great improvement in both areas on physical health, but the craic and banter amongst the group saw a real improvement in social and mental well being. CHECK OUT THEIR RESULTS HERE . . .

WATERFORD CITY			
	PRE	POST	IMPROVEMENT
weight	87.5	86.88	-.62kg
waist	100	97.8	-2.2cm
1 mile	10.08	9.41	-27 seconds

DUNGARVAN			
	PRE	POST	IMPROVEMENT
weight	86.2	85.2	-1kg
waist	102	100	-2cm
1 mile	9.11	8.15	-56 seconds

New Opportunity! Club on the Move

Does your club have male and female members who want to get physically fitter and create more of a social aspect in the club?

Can your club spare their facilities for two evenings a week to cater for club members, parents etc.?

If so, WSP is looking to deliver a pilot eight week 'Club on the Move' programme. Contact Peter Jones on 0761 10 2191.

Men's Bike for Life

We had great success last year with our inaugural Men on the Move on Bikes, thirty five men took part in the programme. Twelve of the men went on to buy their own bikes and ten joined local cycling clubs. Post-programme participants said they were fitter, had lost weight, had lower cholesterol and their love of cycling has returned.

We will deliver a Male only Bike for Life Programme this summer starting in *Men's Health Week* in June in Dungarvan and Waterford City. The sessions will cover simple cycling skills and enable the group to improve fitness levels through low impact exercise and have a bit of craic along the way. If you do not have a bike, we have a limited number of bikes that participants can use.



The cost of the six week programme is €30, details as follows . . .

Dungarvan | Starting Monday 11th June 6.30 to 8pm @ Walton Park

Waterford City | Starting on Tuesday 12th June 6.30 to 8pm @ WIT Arena | Greenway Car Park

If you are interested in the programme or want further information, please contact Peter Jones on 076 110 2191

or pjones@waterfordsportspartnership.ie.

YOU CAN BOOK ONLINE NOW on www.eventbrite.ie | PLACES ARE LIMITED

Sports Leadership Award | Kilmacthomas



Waterford Sports Partnership, secured Dormant Accounts Funding through Sport Ireland to support the delivery of a number of Sport Leadership Programmes for schools, community groups and youth organisations. We are delivering a Sports Leadership Award Programme in Kilmacthomas this June. The award provides the ideal starting point for learners who wish to develop their leadership skills and gain a nationally recognised leader qualification. This programme is designed to equip young people with the motivation and confidence to deliver sporting opportunities to others and general leadership skills that will stand to them throughout their life. The qualification is 29 hours in duration (18 hours of directed learning and 11 hours of self study). This programme benefits the students in many ways; it's a potential stepping stone into employment, further education and training. It also allows the participants to take a full and active role in sport and physical activity and increases the self confidence that comes through taking responsibility for their own and others learning and enjoyment. Additionally, it develops generic leadership skills that can be applied to a variety of situations, as well as contributing to the personal development of the learner.

For more information on the Sport Leadership Award, please contact Eadaoin Loughman on 0761 10 2199

The GDPR and your Club or Organisation

GDPR is the EU's NEW Data Protection Regulations which come into force on Friday 25th May 2018. Waterford Sports Partnership, in collaboration with the Waterford PPN, provided two free workshops for Sports Clubs and Community & Voluntary groups on the 2nd and 3rd of May in Waterford City and Dungarvan respectively. The workshops were delivered by John Warren of JE Warren Consulting and were full to capacity with 108 attending in total from 82 different sports clubs and community groups.



The General Data Protection Regulation (GDPR) very significantly increases the obligations and responsibilities for organisations in how they collect, use and protect personal data. At the centre of the new law is the requirement for organisations to be fully transparent about how they are using and safeguarding personal data, and to be able to demonstrate accountability for their data processing activities.

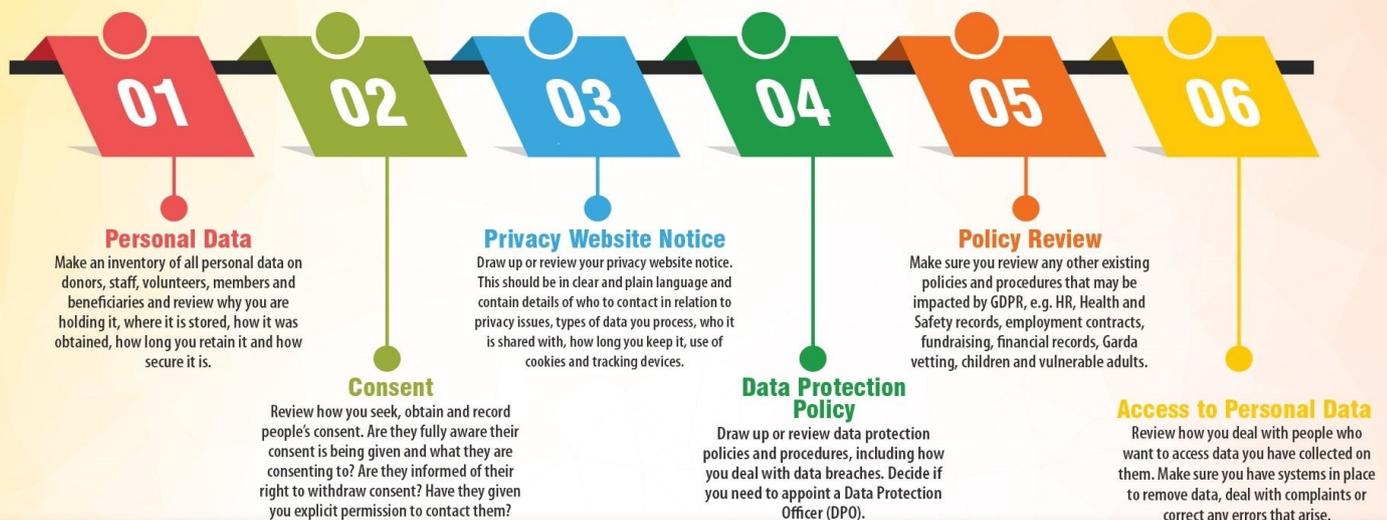
What constitutes personal data?

The GDPR's defines personal data as: **'personal data'** means any information relating to an identified or identifiable natural person ('data subject'). It adds that an identifiable natural person is one who can be identified, directly or indirectly, in particular by reference to an identifier such as a name, an identification number, location number, an online identifier or to one or more factors specific to the physical, physiological, genetic, mental, economic, cultural or social identity of that natural person.

Examples of personal data include name, home address, email, photo, bank details, posts on social networking site and medical records.

Generally, if you're unsure whether the information you store is personal data or not, it's best to err on the side of caution. This means not only making sure that data is secure, but also reducing the amount of data you store and ensuring that you don't store any information for longer than necessary. **For more information and useful resources on the GDPR see www.gdprandyou.ie**

6 THINGS TO CONSIDER IF YOU ARE A NOT FOR PROFIT OR CHARITY ORGANISATION



For More Information visit
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Active Leadership Training

On Friday 16th and Saturday 17th February, Waterford Sports Partnership ran a very successful Active Leadership course in WIT Arena. Twenty three participants from six organisations took part in the training course. Active Leadership training aims to equip participants with the necessary skills and knowledge to plan, organise and lead the delivery of a safe activity session. The course is a mixture of theory and practical work. The theory element includes safety and emergency plans, communication and planning of activities. The practical element includes planning and delivering a session to the group. Following this, participants then receive feedback from the tutors on this element as part of their assessment.

If you are interested in taking part in one of our courses or require more information please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie

Let's Run & Let's Walk

Twenty five enthusiastic women took part in our hugely successful 'Let's Run' and Let's Walk Programmes in association with West Waterford Athletic Club and Eurospar Abbeyside. The six week programmes were funded through the Sport Ireland Women in Sport fund. Both programmes were designed to teach women the correct running/walking techniques, build their confidence and train them to complete 5km leisure runs/walks in groups or on their own.

The groups started on Monday 15th January at Eurospar, Abbeyside where they met their coaches Irene and Jim. Both coaches worked closely with the ladies encouraging them over the six weeks and even giving them weekly homework tasks. On the final night participants put all their training to the test when they ran/walked a 5km route set out by Irene and Jim. Needless to say all participants completed the task at ease and were all rewarded with a well deserved tea/coffee. Well done to all the ladies who trained so hard over the six weeks and to Irene and Jim for delivering another excellent programme



Workplace Activity Programme Cartamundi | Waterford

Waterford Sports Partnership was delighted to support local business Cartamundi in their work place health and wellbeing programme. Cartamundi's HR Co-ordinator Conor Byrne put a twelve month programme in place offering new opportunities for staff each month. For the month of April Waterford Sports Partnership supported staff and ran the Get Ireland Walking 21 Day Challenge. Sixty nine participants signed up for the walking challenge all getting a pedometer and challenge card. The aim of the 21 Day Challenge was to increase their steps over the 21 days creating new habits that will continue into the future.

Well done to all involved and to Cartamundi for running a very successful programme.



South East Traveller Soccer League

On Thursday 19th April, Waterford Sports Partnership teamed up with Waterford Traveller Men's Project to run a soccer game between Kilbarry Men Shed and Kilkenny Traveller Project. The game was supported by the FAI, who provided a referee for the game. Both teams train on a weekly basis and were delighted to get the opportunity to take part in a competitive game. This was by far the most competitive game between the traveller projects with Kilkenny coming out victorious by a small margin. The two teams are going to train together under the watchful eye of Tommy Griffin (FAI) over the coming weeks with the aim of playing more competitive games together. Well done to all the men for taking part and to FAI for facilitating a brilliant day.

National Playday

National Play Day 2018

Waterford Sports Partnership in conjunction with Waterford Childcare Committee have received funding to deliver two events for **National Play Day** for young children.

The theme for National Play Day in 2018 is 'Celebrating 25 years of a child's right to play' with particular focus on Free Play. The events will be take place at the **People's Park**, Waterford and in **Walton Park**, Abbeyside, Dungarvan on **Friday 29th June from 10am to 12 noon**. Young children and families are welcome to take part in one hour of fun games beginning at 10am followed by 'Bring your own Picnic' at 11am.

Pre-booking is essential | For further information or to book a place please contact Jacqui on 051 295045.

Recreation Week

National Recreation Week 2018

National Recreation Week 2018 takes place from Monday 2nd July to Sunday 9th July 2018. This year's theme is 'Celebrating 25 years of a child's right to play'.

National Recreation Week is funded by the Department of Children and Youth Affairs. We will be running FREE activities open to the public during National Recreation Week.
More details coming soon!

Come & Try Orienteering

Waterford Orienteers and Waterford Sports Partnership hosted a 'Come & Try Orienteering' event on Saturday the 21st of April in Dungarvan. The sun shone brightly, as families and individuals used only their maps and brains to find the different control points located around Abbeyside. Participants had the choice of three routes on the day, a 2.9km, 5km and 11km. This ensured that whether somebody was a total beginner, or an experienced orienteer, there was a route to suit their needs and ability.

It was fantastic to see over 150 participants take part in the event, sixty of whom had never completed any type of orienteering course before. Experienced orienteers travelled from far and wide coming from Belfast, Cork and Dublin to complete the advanced route. The day demonstrated that orienteering is a fantastic sport that is inclusive for people of all ages and abilities and is an activity that the entire family can enjoy together. Waterford Sports Partnership, Waterford Orienteers and The Irish Orienteering Association are currently working together to develop many new fun and exciting orienteering opportunities around Waterford.

For more information on Orienteering please contact Eadaoin Loughman on 0761 10 2199.



Learn to Love Fitness

Well done to the participants of our brand new Teenage girls- Learn to Love Fitness. This is a six week educational programme, developed by Waterford Sports Partnership and delivered in Cappoquin Gym by local gym instructor Shauna Walsh. Throughout the twelve sessions the girls learned the basics of flexibility, mobility, injury prevention and how to lift weights safely and effectively. By week ten, they demonstrated their learning by designing their own programme, specific to their own needs and goals. Fun was central to this programme, with each session being delivered in a positive environment, which provided the participants with the knowledge, confidence and motivation to be physically active for life. One parent commented that her daughter is 'really enjoying being active, has increased confidence and looks forward to going to the gym on her own'. Huge thanks to Cappoquin Gym and Shauna Walsh for her exceptional delivery of this programme.

If you would like to get your community more active, please contact Eadaoin Loughman on 0761 10 2199.

Learn to Swim

WSP in conjunction with The Park Hotel Leisure Centre in Dungarvan and The Kingfisher Club in Waterford City are facilitating a 'Learn to Swim Programme'.



An over 50s programme took place in the Kingfisher, while 'men only' and 'all adults welcome' programmes are running in the Park Hotel. A total of 31 participants are taking part in the programmes. During the six week programme participants are learning how to become comfortable in the water and stay safe, through learning how to tread water and the use of different swimming techniques and strokes. Swimmers are of different ages and abilities with many being totally new to the activity. Groups were formed in line with participant's ability which ensured that each participant was being pushed appropriately and learning matched their ability each week. Well done to the instructors at both facilities, who are delivering a fantastic programme.

If you are interested in joining our next Learn to Swim programme please contact Eadaoin on 0761 10 2199 or email eloughman@waterfordsportspartnership.ie.

Desk to 5km

Well done to the employees from Eurofins Dungarvan, who took part in our lunch time Desk to 5km programme. This programme was facilitated by West Waterford A.C. The group met each Tuesday for 45 minutes and by week 8 had reached their goal of running 5km. The programme culminated with the participants taking part in a 5km event which started at The Workhouse, Kilmacthomas. A big thank you to Irene Clarke and West Waterford A.C, for delivering this fantastic programme. The participants really enjoyed this programme with participants commenting on how they can now fit physical activity into their working day and also on how their productivity in work had increased. Well done all, the participants demonstrated that it is possible to fit physical activity into the day; you just need to create that time somewhere!

If you are interested in setting up a lunch time group in Dungarvan or West Waterford please contact Eadaoin on 0761 102199 or email eloughman@waterfordsportspartnership.ie.



Buggy Buddies | Dungarvan & Kilmacthomas

Buggy Buddies was back with a bang this year in both Dungarvan and Kilmacthomas. Twelve participants took part in the Kilmacthomas Programme which finished in March. Our Dungarvan Buggy Buddies programme is currently in its second block of six weeks which will run up until the end of May. We have a total of 19 participants, along with their little ones, attending every Thursday at 10am. The 1 hour sessions consist of 40 minutes of cardio exercises, which typically take place on the Greenway, and 20 minutes of exercises that aim to increase strength and conditioning of the participants. This programme offers a huge variety of activities which cater for all fitness levels and allows participants to work at an intensity which is appropriate to them. It is also a great way to get out and meet other parents in an environment which is safe and fun for both parent and baby!

If you are interested in joining, please contact Eadaoin on 0761 10 2199 or email eloughman@waterfordsportpartnership.ie.



PARTICIPANT FEEDBACK

'A great opportunity to meet other mothers, get to know people and get fit at the same time'

'Buggy Buddies is the highlight of my week, I am always motivated to go out and exercise and look forward to meeting other mums and babies for the chats and coffee.'

'Brilliant programme, would recommend to all mums'.

Buggy Buddies | Ballybeg

Our Buggy Buddies programme in Ballybeg has grown from strength to strength since beginning in February. The classes take place on a Monday morning from 10.45 am to 11.30 am with all activities taking place indoors at Cill Barra Community Centre, Ballybeg in Waterford City. The classes are led and instructed by Sinead Brannigan, who delivers a great quality and high standard session each and every time. The classes consist of exercises suited for all fitness levels and abilities, focusing on improving cardiovascular fitness, strength and flexibility. **For more information on the next six week block, please contact Louise Barry on 0761 10 2619 or lbarry@waterfordsportpartnership.ie.**

Women on the Move | Lismore

We ran a ten week 'Women on The Move' Programme in Lismore this Spring. Well done to the 29 women that took part and worked extremely hard throughout the programme. Measurements and Fitness tests were taken in week one, six and ten. Each week the participants took part in different activities, games and workouts which helped to improve their cardiovascular health, strength, flexibility and mobility. Participants also got to take part in some Pilates and received a Nutrition presentation on the final week. The women thoroughly enjoyed the programme with one woman commenting that it was 'Great fun with serious learning'. Others commented on the social aspect of the programme; 'Really loved doing it with friends that I made and helped me get fitter also'. One lady believed it was 'life changing'. Well done to all the women who stayed motivated and positive throughout. Over the ten weeks, participants lost weight and became much fitter with one lady knocking 2.12 minutes off her mile time!



Women on the Move | Carrickphierish

Our Women on the Move programme has been a roaring success in Carrickphierish Sports Hub since beginning on January 24th 2018. On commencement of the programme, there were eleven women in attendance and this number has steadily increased to over 35 women taking part on a weekly basis. The six week programme runs indoors in the Sports Hub facilities with access to a variety of equipment and resources; it has proved to be an ideal setting for women in the community to engage in physical activity and socialise with other women. There was no stopping the group once the momentum started as the class continues on a weekly basis. There is an opportunity to pay as you go or to sign up for six week blocks.

If you are interested in coming along and giving the session a try please contact Louise Barry on 0761 10 2619 or lbarry@waterfordsportpartnership.ie.

JOIN US FOR WOMEN ON THE MOVE PORTLAW!

Due to the huge success of our previous programmes in Waterford City, Lismore and Dungarvan we are delighted to announce that this summer we will be bringing 'Women on the Move' to **Portlaw**. The programme is suited to all age groups and includes activities which cater for all fitness levels. It is due to start in early June and will take place one night per week for six weeks. Each session will last 1 hour and will take place in different locations in the area each week. The program will include games and workouts which help to improve cardiovascular health, strength, flexibility and mobility.

All the women who have participated in our previous programmes thoroughly enjoyed the experience, one participant said 'it has made a huge difference to my fitness and I am now feeling so much better about myself.' Others commented on the social aspect of the programme; 'I really loved doing it with friends that I made and helped me get fitter also'.

Women on the Move, Portlaw will provide an opportunity for women to meet once a week and be physically active in a fun and social environment!

If you are interested in getting involved in the above activities please contact Kate Connors on 0761 10 2428 or email kaconnors@waterfordsportpartnership.ie

On your Marks!/ Ar an mBóthar!

West Waterford Festival of Food 2018

This year's West Waterford Festival of Food event for young children and their families took place in Walton Park on Saturday 21st April.

Almost 100 parents and children took part and enjoyed the *On your Marks!/ Ar an mBóthar!* road safety awareness event which was delivered by WSP & Waterford Childcare Committee in partnership with Glór na nGael, Waterford Childcare, Siobhán Buckley (Tír na n-Óg Montessori) and Comhairle na nÓg members; Tommy, Molly, James and Ryan.



The event began with a fun warm up followed by water for rehydration. We then focused on the road safety themes of holding hands whilst crossing the road and stopping, looking and listening all while setting a good example of wearing hi vis jackets! Finally, the children got a chance to try out balance bikes and were given fun tests before replenishing their energy stores with fresh fruit.

The continued success of this annual event is the collaboration and partnership between Waterford Sports Partnership, Waterford Childcare Committee, Glór na nGael, Comhairle na n-Óg members, Local Childcare Services and the volunteers thank you all, táimid fíor-bhuíoch as bhúr tacaíocht agus cabhair! Thank You ALL!



Beginner Cycle Training

We will be running Beginner Cycling Training Programmes over the summer months in Waterford City and Dungarvan.

If you are interested in taking part, please contact Pauline Cunningham on 0761 10 2682 or pcunningham@waterfordsportspartnership.ie to register your interest.

West Waterford Walking Series

The West Waterford Walking Series took place over four weeks in April/ May. Participants got to enjoy the picturesque and tranquil scenery of the Glenshelane Woods Walk, The Towers (Ballysaggart), a looped route in Tallow and Colligan Woods Walk. On each walk, there was a longer and a shorter route available so that walks were suitable for all ages and abilities. The aim of this programme was to promote the many beautiful safe walking routes around Waterford. Well done to all that took part, we hope you continue to explore the many beautiful walks Waterford has to offer.



WATERFORD SPORTS PARTNERSHIP

PRESENTS

BikeFest

Saturday 16th June 2018

Walton Park | Abbeyside | Dungarvan

FAMILY FUN CYCLES FOLLOWED BY FUN & GAMES

REGISTRATION
from 9.15am
€2pp

12km
Family Cycle
@10am

3km
Family Cycle
@10.10am



FUN GAMES IN WALTON PARK | 10.30AM TO 12.30PM

REFRESHMENTS | FREE BIKE MAINTENANCE

BEAT THE QUEUE & PRE-REGISTER on www.eventbrite.ie | €2 per person



For further information please contact Peter Jones on 0761 10 2191
or email pjones@waterfordsportspartnership.ie



National Bike Week 2018 takes place from Saturday 9th to Sunday 17th June, as ever there are a host of activities being organised by Waterford City & County Council and Waterford Sports Partnership right across the County. Here are some of the main events....

Sunset Cycle | Dungarvan | Monday 11th June

Meeting at 8pm @ Walton Park.

Cycle to Durrow where refreshments will await.

Bring your own bike (*lights & helmet*).

Under 16's must be accompanied by a parent/guardian.

FREE event. Registration essential.

Register on www.eventbrite.ie by Sunday June 10th.

For more information contact Hans on 087 296 7286

Sunset Cycle | Waterford | Friday 15th June

Meeting at 8pm @ Greenway Car Park W.I.T. Arena

Cycle to Kilmeaden. Refreshments available.

Bring your own bike (*lights & helmet*).

Under 16's must be accompanied by a parent/guardian.

FREE event. Registration essential.

Register on www.eventbrite.ie by Sunday June 10th.

For more info contact Hans on 087 296 7286.

Lunch Time Cycle | Waterford | Wed 13th June

Meeting at House of Waterford Crystal, The Mall @ 1pm

6km Picnic Cycle via Green Route to Bilberry and on to the Greenway. Bikes, helmets and light lunch provided on the day.

FREE event. Registration essential.

Register on www.eventbrite.ie by Tuesday June 12th.

For more information contact Pauline 0761 10 2682

Lunch Time Cycle Dungarvan Wed 13th June.

Meeting @ Walton Park at 1.05pm. Returning by 1.55pm.

8km Cycle along the Waterford Greenway, with Picnic.

FREE event. Registration essential.

Register on www.eventbrite.ie by Tuesday June 12th.

For more info contact Peter 0761 10 2191.

TREO Free bike check/basic repair | 11th to 15th June.

10am to 6pm @ TREO, Unit 2, Block 4, Lacken Road Business Park,

Waterford. Bring your bike along for a free bike check or minor repairs.

Refreshments available. **For more information John Kinsella**

087 4121547 or workshop@treoportlairie.ie

Mountain Biking

One hour of off Road Mountain Bike Fun. **Sat 9th June 11am @**

Carriganvantry, Tramore: Meet at Newtown Cove Car Park.

Sat 9th June 2pm @ Ballyscanlon Fenor: Meet at Fenor Church Car Park.

Fri 15th June 6pm @ Portlaw Woods: Meet at Portlaw Church Car Park.

Over 16's. Limited places. FREE event.

Registration essential. Register on www.eventbrite.ie.

For more information contact Pauline 0761 10 2682

Back to Bike Training

Over 16's. Introduction to cycling: improve confidence, simple bike skills such as signalling, pairs cycling, cycling manoeuvres. Participants will need to bring their own bike & helmet.

Tue 5th June | 6.30pm – 8pm | RSC, Cork Road, Waterford.

Wed 6th June | 11am – 12.30pm Kilmacthomas Workhouse

Thurs 7th June | 1 – 2pm | Walton Park, Abbeyside, Dungarvan.

For more info contact Peter 0761 10 2191.

Faithlegg Family Cycle Sunday 10th June @ 2pm

Meeting at Park Rangers for a 5km family friendly cycle followed by BBQ & refreshments. **For more info Contact Susan 086 278 6529.**

'Why We Cycle' Thurs 14th June @ 7pm

Screening at SGC Dungarvan Cinema. A documentary exploring the Dutch cycling culture. FREE event. Registration essential.

Register on www.eventbrite.ie.

For more information contact Hans on 087 296 7286.



The following pre-schools, schools and community groups are organising their own events during Bike Week 2018.

Carriglea Cairde Services | WASSA | Gaelscoil Phortlairie | Glor Na Mara | Tigh Sugradh | Ballybeg CDP | St Mary's Touraneena | I.S.U. | Knockmahon NS | Garranbane NS | Waterpark NS | Clonea Power NS | Clonea Rathgormack Playgroup | St Saviour's NS | Our Lady of Good Council GNS | WWETB | Faithlegg NS | Little Conquerors | Carbally Active Retirement Group | St John's Special School | Tramore Youthreach | Portlaw N.S. | Our Lady of Mercy NS | Le Chelie Community Childcare | St Anne's NS | St Paul's BNS | Manor St John Youth Services | Ballymacarby Scouts | St Mary's School | Scoil Gharbhain | Waterford South Tipp Youth Service | TYRE Project | St John of God | Polish Educational Assistance | Presentation Primary School | Passage East NS | Kilmacthomas Primary School | Rathgormack NS | Carbally Youth Club | Waterford Dyspraxia/DCD Support Group | Ferrybank Boys N.S. | Tramore I.C.A. | Tramore Active Retirement.



A Message from Brianna Connaughton the New Healthy Waterford Co-Ordinator

Greetings All, from the newly appointed Healthy Waterford Coordinator. Healthy Waterford is a member of the World Health Organisation Healthy Cities and The Healthy Cities and Counties Network under the National Healthy Ireland Framework. Healthy Ireland is a Government-led initiative which aims to create an Irish society where everyone can enjoy physical and mental health, and where wellbeing is valued and supported at every level of society.

The WHO focuses on addressing inequalities in health and urban poverty, the needs of vulnerable people, participatory governance and the social, economic and environmental determinants of health. On a local level this means Healthy Waterford aims to engage with people in all the environments - where we live, work and play, to promote health and well being for all, reducing inequalities so that health and wellbeing is accessible for everyone in our communities. Health is everybody's business.

It is an exciting time here in Healthy Waterford as we are in a period of growth and change. We are currently developing our three-year Strategic Plan and our Waterford Profile. In order to hear the voice of Waterford's people and communities we have held a number of consultations in the City and County. We have also been out in the communities meeting with services and individuals to begin to build up a clear picture of the needs in Waterford in relation to their health and wellbeing. We have been linking with people from many different groups such as Social Farming, Social Prescribing, Age Friendly Alliance, local Councillors, Community Development Officers, Men's Sheds, Waterford Child Care Committee, HSE, PPN, Shine Discovery, Waterford Council and Garter Lane but to name a few, to ensure our plan is comprehensive and Waterford focused. Hearing the opinions, hopes and needs of a broad spectrum of people from Waterford, City and County, has been a really interesting and enjoyable process and we look forward to the next steps and a positive future collaboration between Healthy Waterford and those community and statutory partners.

The vision of Healthy Waterford City and County is to reduce health inequalities which requires not only interventions to target particular health risks, but also a broad focus on addressing those wider social determinants of health – the circumstances in which people are born, grow, live work and age – to create economic, social, cultural and physical environments that foster healthy living. This will take all Government Departments and all sectors of society working together to influence and improve the various determinants of health.

Healthy Waterford aims to bring together our local community, voluntary and statutory sectors to achieve a common goal of a healthier, happier Waterford. **For more information please contact me at healthywaterford18@gmail.com or on 051 849639. My office is located in the Waterford Council, The Mall and Waterford Area Partnership, Westgate Park, Tramore Road. Healthy Waterford is funded through the Healthy Ireland fund through the LCDC and Healthy Waterford through the HSE.**

**Yours Kindly,
Brianna Connaughton**



**Healthy
Waterford**



WELCOME FROM WSP

Waterford Sports Partnership is delighted to welcome Brianna as the new Healthy Waterford Co-ordinator and wish her all the best in her new post. WSP has been a member of the Healthy Waterford Steering group for a number of years and we welcome the opportunity to promote sport and physical activity as providing important and positive benefits to the physical, mental and social health of the people of Waterford. In recent months, WSP supported the delivery of two actions funded under Healthy Ireland – the Trishaw Project and the purchase of a stock of bikes suitable for use by older adults on WSP programmes.

CYCLING FOR ALL! - We recently applied for and received funding from Healthy Ireland to purchase ten bikes and helmets for use with youth and older adults groups. These bikes will be used for WSP programmes such as 'Pedal on the Greenway' and male and female 'Bike for Life' Programmes. With the Waterford Greenway offering a safe option for adult beginner cyclists, the bikes enable participants to take part in one of our programmes even if they don't own their own bike!



Meet 'Saoirse' our Trishaw!

A Trishaw, funded through Healthy Ireland via the Local Community Development Committee, recently arrived in Dungarvan. We have named our Trishaw, Saoirse (meaning 'freedom'), to communicate a positive message of Health & Activity for All. It will increase accessibility to the Waterford Greenway particularly for older adults and people with a disability and ultimately have a positive impact on attitudes of the wider community to accessibility, inclusion and health for all. Our role has been to research, source and procure the Trishaw and more importantly design a model for its use which has also involved liaising with Cycling Ireland to develop standardised training for Trishaw pilots nationally. The Trishaw will be managed, stored and used by the Deise Daycare Centre and

centre volunteers will receive pilot training so that the Daycare Centre members can enjoy regular trips on the Trishaw. The Trishaw will not be available for public rental. **For further information please contact Eadaoin Loughman on 0761 10 2199 or eloughman@waterfordsportspartnership.ie.**

2018 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
June 2018				
Monday 11 th June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
Saturday 16 th June	Remote Emergency Care First Aid Course	9am to 5pm	€50pp	WIT Arena, Carriganore, Waterford.
Saturday 16 th June	WSP BikeFest (see page 13)	9.15am to 12.30pm	€2pp	Walton Park, Abbeyside, Dungarvan.
Tuesday 19 th June	Walk for Life Mahon Falls	10.30am	€3pp	Meet @ Mahon Falls Car Park
Monday 25 th June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Tuesday 26 th June	Walk for Life Anne Valley Walk	10.30am	€3pp	Meet @ Anne Valley Walk Car Park (with Fishing Hut)
Friday 29 th June	National Play Day	10am to 12noon	FREE	Walton Park, Abbeyside, Dungarvan & The People's Park Waterford.
July 2018				
Monday 2 nd July	Start of National Recreation Week	Various	FREE	See Page 12 for more information
Tuesday 3 rd July	Walk for Life Colligan Woods	10.30am	€3pp	Meet @ Colligan Woods Car Park
Tuesday 10 th July	Walk for Life Tramore Promenade	10.30am	€3pp	Meet @ Tramore Promenade (Arcade Side)
September 2018				
Monday 10 th September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
Saturday 15 th September	Remote Emergency Care First Aid Course	9 am to 5pm	€50pp	The Park Hotel, Dungarvan, Co. Waterford
Monday 17 th September	Safeguarding 2 – Club Children's Officer Training	6-9pm	€15pp	Dungarvan Enterprise Centre
October 2018				
Monday 8 th October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 8 th October	Safeguarding 3 – Designated Liaison Person	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
November 2018				
Monday 5 th November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
Monday 19 th November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.

CHECK OUT OUR WEBSITE

For further information on courses and links to online booking

www.waterfordsportspartnership.ie

Please feel free to contact the office on 0761 10 2194/0761 10 2682 for further information.

Easter Camp

for Children with a Physical Disability

On Tuesday 27th and Thursday 29th March, Waterford Sports Partnership ran a very successful Easter Camp for children with a physical disability and their siblings. The camp ran in Carrickphierish Sports Hub from 10am to 2pm both days over the Easter holidays. The camp was funded by the HSE and supported by Carrickphierish Library Services. This was our biggest camp to date with twenty eight participants in attendance. Waterford Sports Partnership SDO's Pauline Cunningham and Louise Barry led the camp with support from WIT students (Eoin, Shane & Niamh) and two SNA's (Shauna & Aoife). Participants were really spoiled for choice over the two days as they had the opportunity to try a variety of activities such as Soccer (FAI), GAA Fun & Run (Waterford Coaching & Games), multi activity games, basketball, rounders, athletics, obstacle courses, Lego, fuse ball and yoga. Feedback from the camp was fantastic with all participants having a brilliant two days.



Our Summer Camp is scheduled to take place over three days, Monday 23rd to Wednesday 25th July in Carrickphierish Sports Hub from 10am – 2pm. Places will be limited for this camp and booking is essential. If you require more information or would like to book your place please contact Pauline on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie

Social Soccer

On the last Thursday of every month from 1-2pm the FAI and Waterford Sports Partnership runs Social Soccer for adults with PAN disability in Waterford. The Social Soccer programme is made up of various disability groups from right across the City and County who come together each month to play soccer. With the assistance of the FAI two sections are run, a section for participants of low level ability and a section for higher level ability participants. A huge thank you must go to the FAI Sports Development Officer Gary Power and students from the FAI Project Futsal Course who ran the sessions each month. Our next social soccer event will take place on Thursday 31st May and we are looking forward to seeing you all there. **If you or your organisations are interested in taking part please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.ie**

Boccia

Boccia is one of the most popular activities run by Waterford Sports Partnership for adults with a disability. Waterford Sports Partnership has run four monthly boccia activity days since January with over 100 participants taking part. Our monthly boccia activity days are hugely supported by Cill Barra Sports Centre, who provides staff and co-ordinate the activity. Participants come from a number of disability organisations such as Brothers of Charity, National Learning Network, Carriglea Chairde Services and Activation Therapy Unity (St. Otterans). Boccia is a target ball game similar to bowls or petanque and is ideal for mixed ability participants. Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls — colored red or blue as close as they can to a white target ball, or jack. WSP are always looking for new groups and individuals to take part in our monthly boccia activity.

Our final boccia event before the summer holidays will take place on **Wednesday 27th June at 11am in Cill Barra Sports Centre.** **If you or your organization is interested in taking part please contact Pauline Cunningham on 076 110 2682 or email pcunningham@waterfordsportspartnership.ie**

Summer Fishing for All

We are delighted to announce that we are running a seven week **Fishing for All Programme** this summer in partnership with Waterford District Fishing Club.



The programme, funded through the HSE, will start on **Monday 18th June** for staff of the service users taking part in the programme. The coaches from the club will teach the staff necessary skills that will support their service users while taking part in the programme.

The programme will be held in **Ballyshunnock (Portlaw)** which is a fully accessible facility; however services must take into account that there is no accessible toilet on site. The programme is limited to three participants per service to allow equal opportunity for all organisations.

If you or your group is interested in taking part please contact Pauline on 076 110 2682 or pcunningham@waterfordsportspartnership.ie

Waterford SportsAbility Forum - 'Healthy active participation for all'

Waterford's Sports Ability Forum was established in 2016, with representatives from various Disability Organisations, Voluntary and Statutory Organisations and National Governing Bodies. Since 2016, the Forum has gone from strength to strength and has developed a clear vision, mission and six core values : **Inclusiveness | Quality | Relationships | Empowerment | Advocacy | Respect**. which encompass everything that the Forum is about. The Forums mission is **'To actively promote inclusion and enable participation in sport and physical activity for people with a disability'**.

In order to achieve this, the Forum meet quarterly and share information on what physical activity opportunities are available for people with a disability in Waterford. In addition to this the Forums members are proactive in their approach and have identified a number of physical activity gaps that need to be addressed in Waterford at present. To date the forum has been successful in contributing to the establishment of the Deise Dragons, Multi Sport Club for children and young people with a physical disability as well as running a very successful SportsAbility Day.

The forum is always looking for new members, if you or your organisation is interested please contact Pauline Cunningham on 0761 10 2682 or pcunningham@waterfordsportspartnership.ie



Waterford SportsAbility Forum

Pauline Cunningham, Sports Inclusion Disability Officer, Waterford Sports Partnership
Phone: 0761 10 2682 | Mobile: 086 783 7385 | pcunningham@waterfordsportspartnership.ie

OUR VISION
Healthy active participation for all.

OUR MISSION
To actively promote inclusion and enable participation in sport and physical activity for people with a disability.

INCLUSIVENESS

We believe that everyone should have the opportunity to participate in sport and physical activity. We are passionate about the power of sport and physical activity to engage, include and inspire people to reach their potential, improve their health and well-being and to provide a quality of life with social opportunities.

QUALITY

We promote the principle of ensuring a greater quality of life through physical activity and sport. We aim to achieve this by promoting an active forum with quality information and resources.

RELATIONSHIPS

We recognise the importance of our relationships, the synergy of our collective strengths, the power of community, partnership and collaboration and the value of team effort. We want the experience of working with us to be positive and progressive.



OUR CORE VALUES

EMPOWERMENT

We promote the empowerment of people to make choices and give them the opportunity to access and make sport and physical activity part of their everyday life.

ADVOCACY

We advocate towards creating a more inclusive society for all.

RESPECT

We respect the unique and diverse contributions and efforts of everyone to encourage an environment that is open, safe and welcoming where we treat people fairly and with courtesy and kindness.



Waterford Sports Partnership - Supporting Activity and Sport for All | www.waterfordsportspartnership.ie

Kick To Recovery

Kick to recovery is a national programme being rolled out in partnership with the FAI for people in mental health services and participants with a mild intellectual disability. Waterford Sports Partnership has just finished running a very successful six week block of soccer, which took place on Wednesday mornings from 11am to 12pm in Kingfisher Club Waterford. Tommy Griffin from the FAI ran the sessions over the six weeks with support from WIT students Craig and Kieren. Each week, between 10 to 12 participants attended sessions learning new skills and reaping the benefits of physical activity on their mental health. The participants trained hard every week, their focus was on the South East blitz which would take place at the end of the six weeks.

The blitz took place in WIT Arena on Wednesday 14th March. There were teams from Waterford, Cork and Wexford, who each got the opportunity to play against one another. There was great excitement at the blitz, it was a tough battle but Waterford came up trumps when it came to team play and as a result won the blitz. At the end of the blitz all teams enjoyed a meal in the Holy Cross Restaurant along with their coaches and occupational therapists. The blitz was a great success well done all!



Yoga for teens & young adults with Dyspraxia

On Saturday 3rd March, Waterford Sports Partnership started a six week block of yoga for teenagers and young adults with Dyspraxia. The programme ran in Exhale Studios in the Cleayboy Business Park and was tutored by Tracy Boland. Tracy gave the participants an introduction to yoga and added new progressions each week. The yoga programme has been hugely beneficial to those who took part and all really enjoyed it. The programme has now been extended for an additional six weeks to bring participants to a level where they can join mainstream classes. Well done to those who have taken part in the programme and to Tracy for delivering a very successful yoga programme.

#waterfordsportsability



World Cup Soccer

This year Waterford Sports Partnership piloted a new soccer programme called World Cup Soccer Blitz. World Cup Soccer is being run in partnership with the FAI and is targeted at adults with a mild intellectual disability. The programme, a 5-a-side soccer blitz which started in February, will continue to run all the way into June with participants coming from Rehab Care, Carriglea Chairde Services (Gateway, Anne Le Roy), Brothers of Charity (Tory services) and our Kick to Recovery participants. To date we have held four blitzes with over twenty participants in attendance in February, March, April and May. Our final blitz will take place on Thursday 7th June from 11.30am to 1pm at the Kingfisher Club.

If you would like your organisation to take part or require more information please contact Pauline Cunningham on 0761 10 2682 or email pcunningham@waterfordsportspartnership.



GAA Fun & Run Programme

On Wednesday 28th March, our Sports Inclusion Disability Officer (Pauline Cunningham) and Waterford Coaching and Games Development Officer (Eoin Breathnach) attended the first GAA Inclusion Training Day which focused primarily on the new GAA Fun & Run Programme. Fun and Run is an activity involving a team of batters/kickers and fielders which is suitable for all ages and ability levels. It is particularly suited to meet the needs of people with disabilities, people from socially deprived and ethnic minority groups who often perceive themselves to be excluded from mainstream GAA activities. It aims to provide people with a strong sense of Irish culture and heritage through a purposeful activity that will enable them to grow and maintain optimum participation across the full diversity of Irish community life.

Waterford Sports Partnership is collaborating with Waterford Coaching and Games and is piloting two GAA Fun & Run Sessions for participants with a mild to moderate intellectual disability aged 14-18 years in two locations;

Wednesday 1st and Thursday 2nd August | St. Saviour's GAA Club | 3 - 4.30pm

Wednesday 8th and Thursday 9th August | Lismore GAA Club | 3 - 4.30pm



If you would like more information on Fun and Run or would like to take part please contact Pauline Cunningham on 076 110 2682 or email pcunningham@waterfordsportspartnership.ie



Dyspraxia Open Day

Since August 2017 Waterford Sports Partnership has been working closely with parents of children with dyspraxia and Dyspraxia DCD Ireland to set up a Multi Activity Club for children and young people with dyspraxia. Dyspraxia DCD is a common disorder affecting fine and/or gross motor coordination in children and adults. Since our initial meeting a local committee made up of parents was elected, who worked behind the scenes putting all the governance in place. In

addition to this, a group of parents volunteered to be the coaches of the club and signed up for Sport Ireland's Active Leadership Course in February 2018. With all the ground work done and coaches trained the first Waterford Dyspraxia Open Day was held on Saturday 7th April in WIT Arena from 11am – 1pm. The day exceeded all expectation with over 60 families in attendance on the day. Participants had the opportunity to take part in some fun games and activities that were being provided by the trained coaches and Walking Football being provided by the FAI. The day was a huge success with all children thoroughly enjoying the games and parents delighted that there was something in Waterford for their children to attend.

The Waterford Dyspraxia group are now taking bookings for their first six week block of activities starting on Monday 14th May from 7-8pm in WIT Arena If you are interested and would like to book your place or require more information please contact dyspraxiadcdwaterford@gmail.com



Disability Awareness in Sport Training

On Monday 29th January Waterford Sports Partnership delivered a Disability Awareness in Sport Training to seventeen participants from six organisations. The Training ran over two hours and is designed to build awareness around people with disabilities participating in community sport and physical activity. The workshop is aimed at individuals with an interest in increasing their awareness of sport and physical activity for people with disabilities. On completion, all participants received a Sport Ireland and CARA endorsed certificate. Well done to all those who took part in the training, we hope you have had the opportunity to put your new skills to use.



Walk for Life

Earlier in the year WSP co-ordinated five walks for disability organisations as part of our Walk for Life Series. This series of walks was based along the newly developed Waterford Greenway with all five walks being fully accessible.

The aim of the Walk for Life Series is to get people with a disability healthier but also to showcase all the hidden gems that Waterford has to offer. Following each walk, participants enjoyed a well deserved cup of tea/coffee and a scone giving the disability organisations and older adults groups an opportunity to chat. We are running our next series of walks during the summer months starting on **Tuesday 12th June**.

Check out the timetable overleaf for full details, and remember to contact Pauline on 076 110 2682 or email pcunningham@waterfordsportspartnership.ie to book your place in advance.

CONTACTS FOR WATERFORD DISABILITY GROUPS & CLUBS

Deise Dragons

Multi Sport Club for Children with a Physical Disability
Mary Condon | 085 103 4072 | deisedragons@gmail.com



Down Syndrome Waterford Branch

info@dsiwaterford.ie

Dyspraxia DCD Ireland – Waterford Branch

dyspraxiadcd@gmail.com



Halliwick Swim Club (PAN Disability)

Sarah Flynn | 083 1376847 | vikinghalliwicksc@gmail.com

Waterford Autism Social and Sport Action (WASSA)

Bernie Murphy | 086 663 7055 | contact@wassa.ie



Little Conquerors Autism Group

West Waterford Autism Parents Support Group
Kevin Murphy | 086 823 1653 | conalmore@gmail.com

Contact Pauline Cunningham our Sports Inclusion Disability Officer
by phone on 0761 10 2682
or by email pcunningham@waterfordsportspartnership.ie



DISABILITY CALENDAR | JUNE TO SEPTEMBER 2018

Programme	Date /Time /Location	Description	Cost/Booking
WALK FOR LIFE			
	Tuesday 19th June @ 10.30am Mahon Falls Meet @ Falls Car Park Rough terrain under foot No toilet facilities	Accessible Walk - This is an easy walk which is mostly flat with one steep section near the falls.	€3pp (includes tea/coffee & scone) Booking Essential Please contact Pauline (Details Below)
	Tuesday 26th June @ 10.30am Anne Valley Walk Dunhill Meeting at Anne Valley car park (with fishing hut) Fully accessible walk Toilet facilities available in Dunhill Multi Education Centre.	Accessible Walk – The Anne Valley Walk follows the river which flows through the Anne Valley and meanders past many beautiful ponds to reach Dunhill Castle. The newly developed path allows comfortable wheelchair and buggy access with no steep slopes	
	Tuesday 3rd July @ 10.30am Colligan Woods Meet @ Woods Car Park Rough terrain under foot No toilet facilities	Non Accessible Walk - A number of options available here, a short walk along the river, a 3.5km looped route and for those wanting an even bigger challenge there is a 6km looped trail.	
	Tuesday 10th July @ 10.30am Tramore Promenade Meet @ Promenade (Arcade side) Fully Accessible Walk Public toilets available.	Accessible Walk - A short walk along the promenade. Option for those who would like a longer walk to continue along the back strand.	
BOCCIA			
	Wednesday 23rd May 11am – 12.30pm Cill Barra Sports Centre	Pan Disability Boccia is a target ball game similar to bowls or petanque. Boccia is ideal for mixed ability participants. Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls — coloured red or blue as close as they can to a white target ball, or jack.	€2pp Booking Essential Please contact Pauline (Details Below)
	Wednesday 27th June 11am – 12.30pm Cill Barra Sports Centre		
	Wednesday 12th September 11am – 12.30pm Cill Barra Sports Centre		
KICK TO RECOVERY - SOCCER			
	EVERY WEDNESDAY From Wednesday 5th September to Wednesday 10th October 11am – 12pm	People in Mental Health Services We are working in partnership with the FAI to deliver a six week block of soccer for participants in mental health services. Participants will have the opportunity to experience 60 minutes of quality soccer training instruction provided by an experienced FAI coach.	€3pp Booking Essential Please contact Pauline (Details Below)
MULTI SPORT CAMP FOR CHILDREN WITH A PHYSICAL DISABILITY & SIBLINGS			
	Monday 23rd July - Wednesday 25th July 10am – 2pm	Children with a Physical Disability & Siblings WSP in partnership with IWA Sport will run a three day camp for children with a physical disability and their siblings. Participants will have an opportunity to try a variety of sports over the three days.	Booking Essential Please contact Pauline (Details Below)
WORLD CUP SOCCER TOURNAMENT			
	Thursday 7th June 11.30am – 1pm Kingfisher Club Waterford	Adults with Mild Intellectual Disability WSP in partnership with the FAI are running a 5-a-side World Cup Tournament with participants with a Mild Intellectual disability. Services can enter teams with up to seven participants and use rolling substitutes on the day. There is no limit on the amount of teams services can enter. Teams must register in advance and select a team that has qualified for the World Cup.	€2pp Booking Essential Please contact Pauline (Details Below)

DISABILITY CALENDAR | JUNE TO SEPTEMBER 2018

Programme	Date /Time /Location	Description	Cost/Booking
SOCIAL SOCCER			
	Thursday 31st May Thursday 28th June Thursday 27th September 1-2pm Kingfisher Club Waterford	PAN Disability Social soccer offers something for all participants. Two groups will be formed based on the participants' ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate – severe take part in fun activities and games indoors in the sports hall	€2pp Booking Essential Please contact Pauline (Details Below)
GAA FUN & RUN			
	Wed 1st & Thurs 2nd August Saviour's GAA Club 3pm - 4.30pm & Wed 8th & Thurs 9th August Lismore GAA Club 3pm - 4.30pm	Teenagers (14-18 years) with a mild to moderate intellectual Disability – WSP in partnership with Waterford Coaching & Games is piloting two Fun & Run Sessions. GAA Fun and Run is an activity – involving a team of batters/kickers and fielders - which is suitable for all ages and ability levels	€15pp Booking Essential Please contact Pauline (Details Below)
FISHING			
	EVERY MONDAY From Monday 18th June to Monday 30th July Ballyshunnock Reservoir (Portlaw) 11am – 1pm	PAN Disability Waterford Sports Partnership is running a seven week fishing programme in Ballyshunnock (Portlaw). Week one of the programme will involve a training day for staff of the services who will support the participants attending the programme. The programme is limited to three participants per service to allow equal opportunity for all organisations. *Please note* - Ballyshunnock is an accessible fishing facility; however there is rough terrain which may make it difficult for wheelchair users. There are no wheelchair accessible toilets available.	€20pp (tea/coffee provided) **Limited Places Available** Booking Essential Please contact Pauline (Details Below)

TRAINING & EDUCATION

A fundamental pillar of the Sports Inclusion Disability Programme is training and education. A number of workshops are available which can be tailored to the needs of specific groups. Some of the training courses on offer include;

Disability Awareness in Sport Training	2 hour course €20pp	This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.
Disability Inclusion Training	6 hour course €45pp	This course is designed to provide attendees with the knowledge, skills and ideas on how to adapt and modify your sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities.
Inclusive Fitness Training	6 hour course €50pp	This course is designed to increase the confidence and awareness of fitness managers, fitness professionals and all front line staff to work with people with disabilities in the fitness sector.
Autism in Sport Workshop	3 hour course €40pp	This course will provide attendees with an understanding of Autism focusing on the delivery of sport. The course will help attendees to recognise and understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions.

Contact Pauline Cunningham our Sports Inclusion Disability Officer
by phone on 0761 10 2682 or by email pcunningham@waterfordsportspartnership.ie

Official Opening of Carrickphierish Community Campus

Carrickphierish Community Campus was officially opened by Minister Michael Ring, Minister for Rural and Community Development on Friday 9th March. This was a momentous occasion for all involved as it was the culmination of years of hard work in the planning and development of the Campus.

There was a large crowd in attendance at the opening ceremony and in addition to Minister Michael Ring, Mayor of Waterford City and County, Cllr Pat Nugent and Minister John Halligan also spoke of the importance of the campus for the development of the Carrickphierish area. The opening ceremony was followed by an open day during which visitors could tour the full campus comprised of two schools, Gaelscoil na nDeise and Waterford Educate Together, a state of the art library and a large sports hall which is shared by the two schools and the community.

Waterford Sports Partnership's involvement in the campus development began in late 2015 when we successfully applied for funding from Dormant Accounts via Sport Ireland which was matched with funding from Waterford City & County Council to set up a Community Sports Hub at the campus. We have received funding each year since 2015 to continue the work in developing participation opportunities at the hub. Our core objective in setting up the Community Sports Hub was and is to maximise the opportunity presented by this fantastic new facility for the local community to participate in sport and physical activity. The sports hall is shared by the two schools during school term and available for use by the community in the evenings, at weekends and during school holidays.



Many local sports and community groups are now benefiting from the use of the sports hall outside schools hours which is being co-ordinated very successfully by **Waterford Sports Partnership Hub Development Officer, Louise Barry**. Speaking at the opening event Louise said 'As Hub Development Officer with Waterford Sports Partnership, it is an immensely proud occasion to have the Sports Hub facility of the Carrickphierish Community Campus officially open. This is the culmination of years of hard work and dedication to provide a facility that will benefit all members of the surrounding community'.

The Carrickphierish Campus Steering Group was formed in 2016 and it includes representation from Waterford Sports Partnership, Waterford City & County Council community department, sports facilities and library services, Waterford Educate Together, Gaelscoil na nDeise, St. Brigid's Family Resource Centre, Waterford Area Partnership and Northern Suburbs Youth Project. The group has prioritized a partnership approach to the development of this campus as an inclusive, welcoming place of activity, learning and development. This can be seen in the many collaborations between the various partners to date.

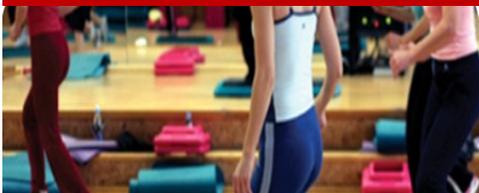
The opportunity to participate in sport and physical activity in your own local community is very important today and we are delighted that, for the young people of this community in particular, the centre is now a home for the newly formed Deise Dragons Multi sport club for children and young people with physical disabilities, the Waterford Vikings Basketball club and also Roanmore GAA, Mount Sion GAA and De la Salle GAA use the facilities to cater for their juveniles and to engage local participation during the Winter and Spring months. There are Irish dancing classes for young people and fitness classes for adults as well as support for training and education for teachers, coaches and volunteers. High quality sports equipment has been purchased for use by the schools and community. We now have a full and varied schedule of timetabled activities for the community outside school hours. The opening of the library in May 2017 was also significant as it brings new visitors to the campus and access to two additional function rooms presents an opportunity for the Hub for more daytime activities in the future.

Rosarie Kealy, Sports Co-ordinator, Waterford Sports Partnership said 'This is a really great day for all involved in this wonderful new campus. For us in Waterford Sports Partnership we can see the positive impacts of the work over the last two years in developing the Community Sports Hub. There are now many and varied opportunities for the local community to participate in sport and physical activity using the equipment and facilities at Carrickphierish. We have worked in collaboration with Waterford City and County Council, local sports clubs, NGBs and local community organisations and it is those partnerships that will make this a sustainable facility. Thank you to all our partners for their great work.'



Fitness Programmes

Carrickphierish Community Sports Hub has two exciting classes taking place every Monday and Wednesday led by fitness instructor Ken Browne. The classes are Step Aerobics and Strength and Conditioning. These classes can be paid €6 per class or €30 per 6 week block. Check out the schedule overleaf for more details!



COMMUNITY PROGRAMMES

Breakfast Activity Club

The ever-popular Breakfast Activity Club has continued on a weekly basis in Carrickphierish Community Campus, with the activities taking place in the Sports Hub and breakfast time in the Library. The children then have the opportunity to avail of the library services before heading off to school.



Multi-Activity After School Programme

With the continued support and partnership of Northern Suburbs Community Youth Project (NSCYP), the Multi-Activity Afterschool is ongoing and attended by students from both Waterford Educate Together National School and Gaelscoil na nDeise. New students are always welcome to come along and join the variety of activities led by WSP and NSCYP staff.

Drop-in Soccer

Every Monday night from 8 to 9pm, there is a football session facilitated by the FAI Coaches in Waterford and supported by NSCYP and WSP. This is a great way to socialise and to learn some skills for soccer. New players are always welcome!



Active Girls Teenage Fitness

WSP and NSCYP linked together to develop a programme aimed at teenage girls with a focus on improving fitness levels through cardiovascular and strength sessions. There was an added emphasis placed on the education of exercises and creating good lifestyle habits relating to physical activity. The programme was attended by members of the surrounding community and members of the NSCYP.

Clubs

Carrickphierish Community Sports Hub hosts the Waterford Vikings Basketball, Waterford Academy of Irish Dancing and Deise Dragons Club. The training times and club schedule is available on our schedule of activities overleaf, for more information contact Louise Barry on 0761 10 2619 or lbarry@waterfordsportspartnership.ie.

Zumba Taster

The first Zumba Kids After-Schools taster session took place on May 1st in Carrickphierish Community Campus from 2.40pm- 3.40pm. There were forty children in attendance, learning and developing their dance skills and having plenty of fun while doing so! Well done to all involved. We are delighted to announce there will be a 3 week Zumba Programme starting on Tuesday May 15th from 2.40-3.40 pm @ the Sports Hub.

COME & TRY

Come & Try!

Zumba Dance

FOR BOYS & GIRLS AGED 7 to 12
3 WEEK PROGRAMME

Tues 15th 22nd & 29th May

2.40 to 3.40pm

Carrickphierish Sports Hub

€3
PER CHILD

FUN!
FITNESS

EVERYONE IS WELCOME!

FOR MORE INFORMATION PLEASE CONTACT:
Louise Barry, Waterford Sports Partnership on 076 110 2619
or lbarry@waterfordsportspartnership.ie

www.waterfordsportspartnership.ie | Waterford Sports Partnership - Supporting Activity and Sport for All

For further information on any of the above programmes or activities please contact:
Louise Barry, Hub Development Officer on 0761 10 2619 or email lbarry@waterfordsportspartnership.ie

Easter Camp

Congratulations and well done to the twenty six children who participated in our Easter Multi-Activity Camp at Carrickphierish Community Sports Hub. The Multi-Activity Camp ran for three full days and the children got the opportunity to take part in soccer, rugby, basketball, hurling, gaelic football and fun games. This camp was organised and run by Waterford Sports Partnership in association with Northern Suburbs Community Youth Project and Carrickphierish Library Services. We look forward to seeing all the participants for our 2018 Summer Camps!
SEE DETAILS BELOW!



summer 2018 CAMPS



Multi-Activity Camp

for 4-8 year olds

Carrickphierish Sports Hall

11 am to 2pm

Tues 10th July | Wed 11th July | Thurs 12th July

€15 per child | €10 per sibling

BOOKING ESSENTIAL

To book your place or for more information please contact
Louise Barry
on 0761 10 2619 | lbarry@waterfordsportspartnership.ie
or Northern Suburbs Community Youth Project 086 6093130
northsuburbscyp@wstcys.ie

Multi-Activity Camp

for Children with a Physical Disability

Carrickphierish Sports Hall

10 am to 2pm

Mon 23rd July | Tues 24th July | Wed 25th July

BOOKING ESSENTIAL

To book your place or for more information and prices
please contact Pauline Cunningham on 076 110 2682
or pcunningham@waterfordsportspartnership.ie

Multi-Activity Camp

for 9 to 15 year olds

Carrickphierish Sports Hall

11 am to 2pm

Tue 17th July | Wed 18th July | Thurs 19th July

€15 per child | €10 per sibling

BOOKING ESSENTIAL

To book your place or for more information please contact
Louise Barry on 0761 10 2619
lbarry@waterfordsportspartnership.ie
or Northern Suburbs Community Youth Project 086 6093130
northsuburbscyp@wstcys.ie

FAI Summer Camp

Carrickphierish Sports Hall

11 am to 2pm

Wed 8th August | Thurs 9th August | Friday 10th August

€15 per child | €10 per sibling

BOOKING ESSENTIAL

To book your place or for more information please contact
Louise Barry on 0761 10 2619
lbarry@waterfordsportspartnership.ie
or Northern Suburbs Community Youth Project 086 6093130
northsuburbscyp@wstcys.ie

BOOKING INFORMATION

For hall bookings and information on opening hours, access to hall and rates please contact:
Darren Sealy at cccsportshub@waterfordcouncil.ie



For further information or if you have any questions
in relation to the Sports Hub please feel free to contact:
Louise Barry, Hub Development Officer on 0761 102619
or email lbarry@waterfordsportspartnership.ie



CARRICKPHIERISH COMMUNITY SPORTS HUB - WHAT'S ON!

TIME	ACTIVITY	COST/ AGE GROUP	CONTACT FOR BOOKINGS & INFO
MONDAY			
7 – 8pm	Step Aerobics - A fun group class guaranteed to increase the heart rate and strengthen and tone your legs, finished off with a 10 minute abdominal workout.	€6 per class or €30 for block of six	Ken Browne 089 2374886
8 – 9pm	Drop- in Soccer FAI & NSCYP	€1 per person	Northern Suburbs Community Youth Project 086 6093130 northsuburbscyp@wstcys.ie
TUESDAY			
6 - 7pm	Waterford Vikings Basketball Club	Boys U12 & 14 Girls U15	Contact Ruth Sheehan 086 1246668
8 - 9pm	Waterford Vikings Basketball Club	Boys U16	
WEDNESDAY			
6– 7pm	Ken's Strength and Conditioning - If you want to get fit and strong this class is for you. Incorporating different equipment and moves that will build the strength and definition you always wanted.	€6 per class or €30 for block of six	Ken Browne 089 2374886
7- 8pm	Women on the Move - This programme aims to increase your physical activity levels, enhance your fitness levels, and encourage you to become more active, more often.	6 week programme €20.00	Louise Barry 086 4650063
THURSDAY			
2.30- 3.30 pm	Afterschools Multi- Activity Sessions	€1 per person	Northern Suburbs Community Youth Project 086 6093130 northsuburbscyp@wstcys.ie
6- 7pm	Waterford Vikings Basketball Club	Club Match Time	Ruth Sheehan 086 1246668
7- 8pm	Waterford Vikings Basketball Club	Club Match Time	
8- 9pm	Waterford Vikings Basketball Club	Boys U16 (14 & 15 years old)	
9 - 10pm	Waterford Vikings Basketball Club	Boys U18 (16 & 17 years old)	
FRIDAY			
6.30- 8.30 pm	Déise Dragons Sports Club	Contact for more information	Pauline Cunningham 0761 10 2682
SATURDAY			
9.30- 10.30 am	Ceili Dancing	Contact for more information	Mary Scanlon 086 8514922
10.30- 12pm	Irish Dancing	Contact for more information	
12 - 1pm	Waterford Vikings Basketball Club	Girls U15 (13 & 14 years old)	Contact Ruth Sheehan 086 1246668
1 - 2pm	Waterford Vikings Basketball Club	Boys U12 (10 & 11 years old)	
2 -3pm	Waterford Vikings Basketball Club	Girls and Boys Academy (7- 10 yrs)	
3 - 4pm	Waterford Vikings Basketball Club	Boys U14 (12 & 13 years old)	
4 - 5pm	Waterford Vikings Basketball Club	Boys U18 (16 & 17 years old)	
5 - 6pm	Waterford Vikings Basketball Club	Boys U18 (16 & 17 years old)	

Our timetable will continue to be updated...

PLEASE LIKE the Carrickphierish Community Campus Facebook Page where you can keep up to date with upcoming events and activities.



LIKE US ON FACEBOOK!

WYTEC Gaisce Walking Award

Trainees from WYTEC began their first steps (literally) towards achieving the Gaisce Bronze Award. This involves undertaking an activity for one hour a week, over thirteen weeks. The group covered a number of Walking routes such as the Waterford Greenway, Kilbarry Nature Park, Tramore Dunes, Portlaw Woods, Dunmore East and the Anne Valley Walk to name a few. This group will begin their Community Involvement task in April, as part of the requirement in attaining the Gaisce Award. **For further information on Gaisce Awards, visit <http://www.gaisce.ie/awards>**



Manor St. John Walking Programme

A group from Manor St. John Youth Service Lisduggan began their Walking Programme, back in February despite the sub zero temperatures! The boys and girls plan to cover a number of local Walking routes such as the Eco-Nature Park, Waterford Greenway, Sli na Slainte Routes, before concluding with a Walk in the Comeragh Mountains. Walking has many benefits such as maintaining a healthy weight, improves mood, strengthens bones and muscles and increases fitness levels and more importantly is a FREE activity that caters for all. **For further information on Walking Programmes, please contact Brian O'Neill on 0761 10 2583 or boneill@waterfordsportspartnership.ie**

Yoga WYTEC

A group of female trainees from WYTEC Educational and Training Centre engaged in two Yoga sessions, facilitated by Eamonn Rockett of My Yoga Waterford. For most of the girls, it would have been the first time they would have tried Yoga. The girls enjoyed it so much that they have requested further Yoga sessions. Well done girls!!

Muay Thai Ceim Eile

Members from the Ceim Eile Project took part in two Muay Thai fitness taster sessions, facilitated by Shane Mc Connell of Waterford Muay Thai. The sessions included a warm-up, striking techniques on the bags, followed by striking techniques on the pads, concluding with circuit training and a cool down. The guys put in a great effort and will continue to train each Friday morning. Well done guys.

For further information please contact Brian O'Neill on 0761 10 2583 or boneill@waterfordsportspartnership.ie



Basketball - St. Paul's N.S.

Eleven 6th class boys from St. Paul's National School took part in a six week Basketball programme each Tuesday after school. The boys were shown the basics of Basketball such as dribbling, passing, catching and shooting. Two teachers were present throughout the programme who are now more confident in facilitating future Basketball sessions in the school themselves.

EQUIPMENT - FREE HIRE

Waterford Sports Partnership has a range of sports equipment such as surf boards, volleyball, soccer packs, basketball, rugby packs and pitch & putt clubs available for hire, free of charge.

For more information contact Brian O'Neill on 086 0201219 or boneill@waterfordsportspartnership.ie

Zumba Dance - Presentation and Mercy N.S.

Almost 500 students from Presentation and Mercy National Schools took part in a three week Zumba Dance programme. Zumba Dance is a fun activity that caters for all, regardless of skill, ability and fitness levels. Both schools enjoyed the activity so much, that they are committed to continuing with Zumba Dance after the school term. Great stuff girls!

For further information on Zumba Dance, contact our Youth Sports Development Officer Brian O'Neill on 086 086-0201219 or boneill@waterfordsportpartnership.ie



LEARN TO SWIM PROGRAMME

For further information on swimming lessons for beginners, contact Brian O'Neill, Youth Sports Development Officer on 086-0201219 or boneill@waterfordsportpartnership.ie

Primary School Yoga

A sixth class from Mercy National School took part in a three week Yoga Programme. To maximize the benefits of the programme, the class was split into two groups, with thirteen students in each and two 45 minute sessions were delivered. The instructor took the class through breathing/relaxation techniques and demonstrated a number of Yoga poses. Feedback from this programme was excellent and we hope to bring more Yoga programmes to primary schools. Thanks to Maria for facilitating this alternative activity.

For more information on Yoga Programmes please contact Brian O'Neill on 0761 10 2583 or boneill@waterfordsportpartnership.ie



Irish Street Soccer League

Thanks to Councillor Adam Wyse for joining in on a training session last week and helping get the lads ready to represent Waterford in the Irish Street League finals. The Irish Street League uses the power of sport to transform the lives of individuals from socially excluded backgrounds and disadvantaged communities. The finals took place in Dublin in April, and players got the chance to be selected for Ireland to compete in the Homeless World Cup 2018.

For further information on the Irish Street League visit www.irishstreetleague.com

Zumba Young Traveller Girls Project

Six girls from the Traveller Youth Support Project took part in a four week Zumba Dance programme. The girls were shown a number of dance moves and also got the opportunity to incorporate some dance moves of their own! Well done girls. Thanks to Kingfisher for the use of their fantastic studio and facilities.

Swim programme

Four teenage boys from Foroige Youth Group Ferrybank completed a six week Swim Programme, facilitated by Brian Walsh at the Kingfisher Leisure Club. The boys were shown correct swimming strokes and breathing techniques, great improvements were made over the six weeks so well done boys. Thanks to Kingfisher Leisure Club for facilitating this programme.

For further information on Swimming lessons, contact our Youth Sports Development Officer Brian, on 086-0201219 or boneill@waterfordsportspartnership.ie



Pilates - Coláiste Chathail Naofa

We recently completed a four week Pilates programme with students from Coláiste Chathail Naofa Dungarvan, facilitated by Teresa Keith. The students were shown basic Pilates techniques, stretches and also relaxation techniques. For many of the students it would have been the first time they tried such an activity, so well done guys!!



Homework Activity Club

Ten students from St. Paul's National School became the first members of a six week Homework Activity Club run in partnership with their School Completion Programme and the GAA. The boys completed their homework straight away after school. This was followed by a number of game-based activities. Each session lasted for 45 minutes, focusing on movement, catching, throwing and jumping, and less on competition and winning. The aim of the programme was to include all young people, with the emphasis on fun and participation. On conclusion of the programme, the boys were presented with certificates for their efforts. Great stuff guys!!



Meet and Train Coláiste Chathail Naofa

Students from Coláiste Chathail Naofa Dungarvan took part in our Meet and Train programme. Facilitated by West Waterford Athletics Coach Irene Clarke, the students met up once a week to perform a number of exercise such as squats, lunges, dips and core exercise to name a few. Well done guys. A great effort was put in over the 4 weeks.

For further information on Meet and Train programmes, contact our Youth Sports Development Officer Brian o'Neill on 086 020 1219 or boneill@waterfordsportspartnership.ie.

YOUTH COACHING FUND

The Youth Coaching Fund, set up by the Youth Sports Development Officer, supports club volunteers in gaining a coaching accreditation that will permit them to coach underage teams. Funding is now available for young people who wish to get involved in coaching. Participants must be over 16 years of age and their club must be affiliated to an NGB.

For further information contact: Brian O' Neill on 086 0201219 or boneill@waterfordsportspartnership.ie

Soccer for girls

Over 450 girls from the Presentation and Mercy Primary Schools took part in our Soccer for Girls Programme. Facilitated by the FAI/ETB Sports Recreation and Soccer Coaching Course, each school had six coaches for the duration of the day, catering for two classes at a time. This four week programme included fun games, relays and well as 7-a-side matches. Both schools entered teams into a local schools blitz in April in Ferrybank. We now hope that some of the girls will progress on to Soccer clubs that have been established over recent years for primary-aged girls. Thanks to the FAI and their student coaches for facilitating this excellent programme.



Presentation N.S.



Mercy N.S.

Schools StartBox- Presentation N.S.

Two 4th classes from Presentation National School completed the Bronze StartBox Programme, a schools based four week non-contact activity, facilitated by St. Paul's Boxing Club. The aim of StartBox is to improve physical literacy, movement and fitness levels amongst primary-aged children through the sport of Boxing. The sessions began with a warm-up, followed by game-based fun activity games, hitting the focus pads, circuit training and concluding with a cool-down. Great to see all the girls get involved over the four weeks. Each participant received a Certificate for completing the Bronze StartBox Programme. Well done girls!!



Taster Yoga Sessions Ballybeg YP

Seven junior leaders and WIT placement students from the Ballybeg Special Youth Project took part in two Yoga Taster sessions. Facilitated by Steven Rockett of My Yoga Waterford, the sessions consisted of relaxation and breathing techniques and also included a number of Yoga poses such as Downward Dog, Triangle, Bridge, Tree and Warriors poses. Yoga is a great activity that enables us to take 'time out' from our busy lifestyles.



Re-engaging Programme

This programme works by means of a referral process. If you are aged between 16yrs and 23yrs and have disengaged from sport and physical activity for whatever reason or you know someone that may fit into that bracket then this is for you. Over the past few years we have received many referrals from young adults, parents and youth workers enabling the YSDO to make contact with the young people that are hoping to once again or for the first time get involved in a local club to participate in the sport or simply volunteer. For further information on this programme please contact Brian O'Neill on 086 0201219 or boneill@waterfordsportspartnership.ie.

USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
Athletics Ireland	Colin Byrne	087 0632326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
Association of Irish Powerchair Football	Donal Byrne	087 4117911	donal.byrne@cheshire.ie	
Badminton Ireland	Ficha Andrews	01 8393028	fandrews@badmintonireland.ie	www.badmintonireland.ie
Basketball Ireland	Jason Killeen	0857610665	jkilleen@basketballireland.ie	www.basketballireland.ie
Camogie Association	Stuart Reid	086 7961858	stuart.reid@camogie.ie	www.camogie.ie
Confederation of Golf in Ireland	Carton Demesne	01 505 2075	info@cgigold.org	www.cgigolf.ie
Cricket Ireland	Jim Doran	086 8169667	jjim.doran@cricketireland.ie	www.cricketireland.ie
Cycling Ireland	Rachel Ormrod	086 7802937 086 0211146	rachel@cyclingireland.ie heather@cyclingireland.ie	www.cyclingireland.ie
Down Syndrome Waterford		087 6057069	info@dsiwaterford.ie	www.dsiwaterford.ie
Football Association of Ireland	Gary Power Michael Looby	086 3883850 087 0508623	gary.power@fai.ie michael.looby@fai.ie	www.fai.ie
Gymnastics Ireland	Garrett Buckley	01 6251125	garrett@gymnasticsireland.com	www.gymnasticsireland.ie
Gaelic Athletic Association	Eoin Breathnach	087 9219345	eoin.breathnach@games.gaa.ie	www.gaa.ie
Irish Amateur Boxing Association	Elaine O'Neill	086 0224460	elaine@iaba.ie	www.iaba.ie
Irish Road Bowling Association	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
Irish Rugby Football Union	Amanda Greensmith	086 0218320	amandagreensmith@munsterrugby.ie	www.munsterrugby.ie
Irish Sailing Association	Sarah Louise Rossiter	087 9390488	sl.rossiter@sailing.ie	www.sailing.ie
Irish Water Safety	Corraire Power O'Mahony	051 849731	waterfordwsac@gmail.com	www.iws.ie
Irish Wheelchair Association	Joanne Wall	085 8595049	joanne.wall@iwa.ie	www.iwa.ie
Ladies Gaelic Football	Mary Halvey Ciara Dunphy	087 2520550 086 2486708	secretary@munsterladiesgaelic.ie dunphyciara21@live.ie	www.ladiesgaelic.ie
Olympic Handball		01 625 1165	ioha@olympichandball.org	www.olympichandball.org
Orienteering Ireland	Andrew Cox	087 2229677 051 860232	development@orienteering.ie	www.orienteering.ie waterfordorienteers.blogspot.com
Rowing Ireland	Pat McInerney	087 9695093	pat.mcinerney@rowingireland.ie	www.rowingireland.ie
Special Olympics	Susan McGill	087 2938321	susanmcgill@waterford.brothersofcharity.ie	www.specialolympics.ie
Swim Ireland	Adam Cox	086 0247766	membershipmanager@swimireland.ie	www.swimireland.ie
Tennis Ireland	Lucy Pentova	085 7331528	lucy.rdo@tennisireland.ie.com	www.tennisireland.ie www.munstertennis.com
Triathlon Ireland	Anna Grealish		anna@triathlonireland.com	www.triathlonireland.com
Vision Sports Ireland	Rahim Nazarli	085 8500193	sports@visionsports.ie	www.visionsports.ie
Volleyball Association of Ireland	Conor Flood	087 0997659	cdo@volleyballireland.com	www.volleyballireland.ie
Waterford Autism Social and Sport Action (WASSA)	Suzanne O'Mahony	086 6637055	contact@wassa.ie	www.wassa.ie
Weightlifting Ireland	Colin Buckley	086 2577875	colinbuckley37@gmail.com	www.weightliftingireland.com



WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford | 0761 10 2194

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