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## OPERATION TRANSFORMATION

Join us in Kilmacthomas or Cappoquin  
for the 2020 OT Waterford Walks  
on Saturday 18<sup>th</sup> January @11am

Operation Transformation is coming to Waterford for the tenth year running. The Sport Ireland National Network of Local Sports Partnerships has teamed up with Operation Transformation once again this year to promote healthy living in 2020. Information on future activities and programmes for you to join will also be available on the day! Come along and join in the fun, bring family, friends and neighbours!



### KILMACTHOMAS

We are organising a safe and accessible walk along the spectacular

Waterford Greenway  
on

Saturday 18<sup>th</sup> January 2020

The walk will start from the  
Workhouse Car Park Kilmacthomas  
@ 11am

Registration from 10.30am

3K & 5K ROUTES

FREE EVENT | ALL WELCOME!

### CAPPOQUIN

We are organising an  
Operation Transformation Walk  
at

Cappoquin Affane  
GAA Club Grounds  
on

Saturday 18<sup>th</sup> January 2020

Registration from 10.30am

3K ROUTE

FREE EVENT | ALL WELCOME!

PRE-REGISTER FREE now for one of the walks on [www.eventbrite.ie](http://www.eventbrite.ie)  
or you can register on the day!

**Don't miss this chance to get moving and motivated for the year ahead!**

For more information please contact: Sinéad Brannigan on 0761 10 2430  
or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)



Are you planning an OT event in 2020  
at your Club or in your Community?

Please let us know & we'll help you spread the word!

Call Sinéad on 0761 10 2430 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)

## MEET THE WSP TEAM

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

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Sports Co-ordinator  
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Suzanne Baumann  
Administrator  
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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 sport and physical activity. They also support local sports clubs and coaches with a particular focus on training and education.

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Sports Development Officer  
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pjones@waterfordsportspartnership.ie



**Brian O'Neill**  
Youth Sports Development Officer  
Phone: 0761 10 2583  
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Lauren Walsh-Kett  
Sports Development Officer  
and Hub Development Officer  
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Rachel Sinnott,  
Community Sports Development Officer  
Phone: 0761 10 2199  
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**Dungarvan Office:**  
Civic Offices, Dungarvan, Co. Waterford | 0761 10 2194  
**Waterford Office:**  
Regional Sports Centre, Cork Road, Waterford | 0761 10 2682

DEVELOPMENT OFFICER	FOCUS AREA/PROGRAMMES	BASED IN
Peter Jones	Men   Cycling   Club Development   Safeguarding   Rural Sports Hub	Dungarvan
Pauline Casey	Disability   Women   Walking   Disability Awareness	Waterford
<b>Brian O'Neill</b>	Youth at Risk   Young People   Sport Leader	Waterford
Lauren Walsh-Kett	Pre school, Primary and Secondary Schools   Teenage Girls   Carrickphierish Hub	Waterford
Rachel Sinnott	Orienteering   Rowing   Swimming   Outdoor Adventure   Disability	Dungarvan
Sinead Brannigan	Community Based Programmes   Older Adults   Active Communities   Volunteer Support	Dungarvan



## Splash & Dash



On Thursday 17th of October we ran our first Splash & Dash event. The event was run in partnership with Triathlon Ireland and Newtown Secondary School. **Fifty-two children from Newtown Junior School, St. Declan's N.S and St. Saviour's N.S took part in the event. The children took part in three different activities on the day. The Splash & Dash** consisted of a 50m swim and a 400m run, a walking trail and a game of soccer. The transition year students from Newtown Secondary School did a great job co-ordinating the event after completing Sport Leader Training with Waterford Sports Partnership and also extensive training with Triathlon Ireland. The event gave all participants a taste of what a Triathlon consists of. For more information, please contact Lauren Walsh Kett on 0761 10 2619 or email [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie)



## Active Homework Challenge

The Active Homework Challenge is an initiative to increase the physical activity levels of primary school children. It involves a simple three week programme in which each child gets an Active Homework Diary. Each day there is a different exercise to complete. When the exercise is complete the child can then colour in stars on their diary. The exercises are suited to children of all ages from Junior Infants up to sixth class. This programme not only gets the children active but also gets their parents at home active too! Teachers love this programme as it is easy and simple to implement! Eight schools took part in the challenge from September to December 2019. This includes a total of 928 children from Our Lady of Mercy N.S Stradbally, Kilmacthomas Primary School, Aglish National School, Passage East National School, Killea Boys School Dumore, St. Ursula's Primary School, St. Saviours N.S. & Carriglea N.S. If your school would like to avail of this free initiative please contact Lauren on 0761 10 2619 or [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie)



## Balance Bike Training

We delivered Balance Bike Training to the early years educators at the **Waterford Women's Centre Childcare Facility** on Wednesday 4<sup>th</sup> December 2019. The facility received the newly developed **'Wibbly Wobbly Balance Bike Resource Booklet'** on the day and now have the use of the bikes for a number of weeks. We invite staff and practitioners from other services to access and attend our Balance Bike Training and have the use of the bikes thereafter.

For more information, please contact Lauren Walsh Kett on 0761 10 2619 or email [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie)





## Rowing Initiative

In 2019 WSP purchased seven Concept 2 Indoor Rowing Machines through the Dormant Accounts Outdoor Urban Adventure Funding initiative. These rowing machines will be utilised in Primary and Secondary schools over the coming years to introduce students to the sport of rowing.

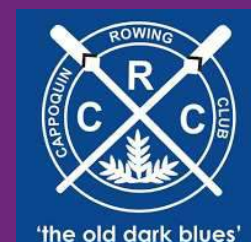


## Get Going Get Rowing at Blackwater Community College

TY students from Blackwater Community College got a taste for indoor rowing!

The students completed an 'Introduction to Rowing' session delivered by Stephen Landers from Cappoquin Rowing Club. Sixteen students then chose to continue on the programme over the next three weeks developing their skills, learning the stroke and improving their knowledge of rowing techniques. At the end of the programme the students will visit Cappoquin Rowing Club to put into practise what they have learned by getting in the boats and rowing on the water! Thank you to Cappoquin Rowing Club, Rowing Ireland and Stephen Landers for facilitating the sessions with the students.

For more information please contact Rachel Sinnott on 0761 10 2199 or email [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie)



## Buntús Start Training

On Saturday 28<sup>th</sup> of September Waterford Sports Partnership, in conjunction with Waterford Childcare Committee, ran a Buntús Start Training Course for childcare workers. Buntús Start is a comprehensive physical activity programme for children aged 2 to 5. It has been designed for use in pre-school settings so that the leaders can provide a wide range of learning opportunities for young children to develop their fundamental motor skills, manipulative skills, co-ordination and balancing skills and develop a positive attitude to physical activity. The training took place in WIT Arena with ten participants representing three services attending the course in September. All participants found the course really enjoyable and highly beneficial with one participant saying; 'It gave me new ideas for my work with children'.

**PLAYGROUND MARKINGS:** We secured funding from the HSE to purchase a new stencil kit for Playground Markings for preschool and primary school settings in Waterford. The stencils can be borrowed free of charge and schools can then arrange to have the markings put down on site. Each setting will be given a resource and support pack which will offer advice and guidelines on putting the markings in place and the games that can be played.

For more information, please contact Lauren Walsh Kett on 0761 10 2619 or email [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie).



Look at these great results from St. Saviour's N.S. in Ballybeg Waterford who have just finished using our Playground Markings stencils. The markings brighten up the school playground and also help the children be more active at break time!







## SCHOOLS ORIENTEERING (Funded by Dormant Accounts through Sport Ireland) Introduction to Orienteering | Dunmore East

In partnership with Waterford Orienteers, we delivered an Introduction to Orienteering to forty nine, 5<sup>th</sup> and 6<sup>th</sup> class pupils from Light of Christ National School and Killea Boys National School in Dunmore East. The students learned how to read a map and work in teams to find the kites to complete the course; they also got to use the electronic

orienteering dibbers. A big thank you to Andrew Cox from Waterford Orienteers who facilitated the event.



## South East Schools Orienteering Event

In partnership with Waterford Orienteers, over 400 students from ten primary and secondary schools attended the Southeast Schools Orienteering Training Event in the grounds of WIT Arena on Tuesday 22<sup>nd</sup> October. Well done to Waterford Orienteers, who ran a fantastic event with a great course set out for the participants.

The schools that took part were: *Primary*; Fenor National School, Bunscoil Bothar na Naomh, Gaelscoil Philib Barún, Faithlegg National School, Butlerstown National School, Christchurch National School, Christchurch & Gaelscoil Charman (Wexford). *Secondary*; Presentation School, St. Angela's Ursuline, Abbey Community College & St. Augustine's College. For more information on Orienteering or to get involved please contact Rachel Sinnott at rsinnott@waterfordsportspartnership.ie or on 0761 10 2199.



## NOW BOOKING!

## Ready to Go Orienteering Teacher Training Course

Waterford Sports Partnership and the Irish Orienteering Association are hosting a 'Ready to Go Orienteering' Teacher Training course in March 2020. 'Ready to Go Orienteering' is an Irish Orienteering Association initiative, aimed at introducing and promoting the sport of orienteering in schools and provides teachers with the necessary training and resources to successfully implement the programme in a school setting. Each school will receive a resource folder, equipment pack and school mapping service. The course will be held on Friday March 6<sup>th</sup> from 9.30am-3.30pm in WIT Arena, Carriganore, the cost is €70 per school. Two places available per school.

Book your place now on [www.eventbrite.ie](http://www.eventbrite.ie). For more information on the course please contact Rachel Sinnott on 0761 10 2199 or email [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie) or call 0761 10 2199.



## Hoops for Girls

We have just finished up our 'Hoops for Girls' Basketball Programme in St. John of God N.S., Waterford. A coach from Wildcats Basketball Club took the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> class girls for a forty minute session every Monday for four weeks. The girls have improved their skills significantly and really enjoyed the programme. This programme which is funded by the HSE will run in Our Lady of Mercy N.S. and St. Ursula's N.S. in Waterford in January and February 2020.

# PRE SCHOOL/PRIMARY SCHOOL PROGRAMME UPDATE

## OPPORTUNITIES FOR PRIMARY SCHOOLS IN 2020

Waterford Sports Partnership is committed to helping schools become more active and providing opportunities for teachers to participate in training courses. All activities and teacher training courses are listed on our new website including schools updates, useful resources and guidance for those seeking their Active Flag. The opportunities available to schools in 2020 include:

### Balance Bike Training

The aim of the programme is to develop and improve the physical literacy of young children through the use of balance bikes. It is appropriate for children in pre-school, junior infant and senior infant classes. Waterford Sports Partnership invites schools to contact us and register your interest in the Balance Bikes. A teacher training session will be organised and bikes will be available to use for 3 weeks thereafter. The school will have the use of 15 bikes and 15 helmets to roll out the programme.



Be Active ASAP is a free 2 ½ hour training for teachers and parents interested in leading physical activity sessions after school hours. The programme is designed for 7-8 year old children (1<sup>st</sup> & 2<sup>nd</sup> class), and aims to introduce children to fun physical activity in a safe, familiar, structured setting, with an emphasis on enjoyment, learning and variety of activity. The programme takes place on schools grounds, which offers a safe, familiar, convenient setting for an age-appropriate introduction to after-school physical activity. Visit [www.beactiveasap.ie](http://www.beactiveasap.ie) for more information.



**Disability Awareness Training:** This two hour workshop is designed to build awareness around people with disabilities participating in school and community sport and physical activity. The workshop is aimed at teachers and coaches with an interest in increasing their awareness of sport and physical activity for people with disabilities.

### Sports Hall Athletics

The Sports Hall Athletics Programme run by WSP in partnership with Athletics Ireland aims to introduce junior and senior cycle children in primary schools to the fundamental skills of athletics using agility, balance, and coordination activities. WSP provides Sports Hall Athletics equipment on loan to the participating schools for a period of six weeks each so that the pupils can use appropriate equipment to learn and practice new skills.



### Playground Markings

A stencil kit is available to pre schools and primary schools across Waterford to encourage children to participate in physical activity and games through the markings on the school yard. The stencils promote movement through Mathematics, Activity Circuit, Hopscotch and a Maze and will be suitable for children of all ages. There are supporting resources available to help with the implementation of the stencils and these will be given to the school along with the stencils.



**Tri- Heroes** is a Triathlon Ireland Programme designed to help schools and teachers introduce and deliver triathlon activities to pupils whilst supporting the needs of the school to deliver the necessary Physical Education progression for all pupils. Tri Heroes includes a 4 session triathlon programme which introduces triathlon in an enjoyable, interactive and non competitive environment. The activities include walking/ running, cycling and swimming (optional). The programme can take place at any time during the school year. The sessions are delivered by a qualified Triathlon Coach and last approximately one hour. Another option is to provide teachers with lesson plans and an introductory training workshop to allow teachers to deliver the sessions during PE class time. For more info visit: [www.triathlonireland.ie](http://www.triathlonireland.ie).

### Swimming for Schools

Get Ireland Swimming (GIS) is a participation initiative which encourages more people to get involved in swimming. They offer a range of skill based lessons to schools, such as 'Learn to Swim' lessons, classroom resources and introduction to other aquatic sports, like waterpolo and diving. The programmes are included in the Active Schools programme too! All participants receive a Get Ireland Swimming hat, goggles and bag. Swimming is a vital life skill, especially when living on the coast. GIS helps school children to learn and improve their swimming skills by assisting schools with pool hire, swim instructors and transportation, while also learning in a fun environment. For more information and to get your school involved email [grainnmurphy@swimireland.ie](mailto:grainnmurphy@swimireland.ie) or visit the Facebook page.



### The Daily Mile

Waterford Sports Partnership would like to invite schools to take part in a free and simple initiative to improve the physical, social, emotional and mental health and wellbeing of primary-aged children. The Daily Mile is very simple to start in a school. Without wasting time to change into kit, every child in the school goes out each day in the fresh air to run, jog or walk at their own pace for 15 minutes. The Daily Mile can take place at any time throughout the school day on the school premises. Once you register your school, there will be support provided by Athletics Ireland and WSP on implementing the initiative. Visit the website and register your school on [www.thedailymile.ie](http://www.thedailymile.ie) to roll out the programme.



For more information on any of the above opportunities please visit the '**Active Schools**' section of our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or contact Lauren Walsh Kett on 0761 10 2619 or [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie)



## Positive Ageing Week 2019

Positive Ageing Week ran from the 30<sup>th</sup> September to 2<sup>nd</sup> October. We organised a variety of free 'come try it' events for older adults across Waterford city and county. 'Come try it' activities included pitch & putt, bowling, mobility circuits, orienteering, cycling, and walking. Despite the miserable weather conditions and some events having to be cancelled we still had over fifty older adults participate in the weeklong event. We will be offering more 'come try it' events in 2020.

If you have any suggestions about activities that you, or your group would like try please contact Sinéad Brannigan on 0761 10 2430 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)



## Learn to Swim

Twelve older adults participated in our Learn to Swim programme in the Kingfisher Club, Waterford. Some of the participants had never swum before and some just wanted to rebuild their confidence in the water. The swim instructor Natalya did a great job over the course of six weeks to improve all of the participant's ability in the water. We will be organising more swimming programmes for older adults in the new year in Waterford and Dungarvan. If you are interested in participating in our swimming programmes please contact Sinéad Brannigan 0761 10 2430 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)



## Over 50's Circuit Training

Our adapted circuits have been hugely successful over the past five years with sessions taking place in Waterford City, Dungarvan, Tramore, Cappoquin and Kilmacthomas. 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.

If you want to get more active, more often, please check out our timetable of pay as you go circuit activities below . . .

DAY	TIME	START DATE	LOCATION	VENUE	COST
MONDAY	9.30 to 10.30am	Monday 13 <sup>th</sup> January	Waterford City	Cill Barra Sports Centre	€3 per session
MONDAY	2-3pm	Monday 13 <sup>th</sup> January	Tramore	Raise the Bar Training Systems, Riverstown, Tramore.	€3 per session
<b>NEW!</b> THURSDAY	11am - 12noon	Thursday 30 <sup>th</sup> January	Dungarvan	Dungarvan Sports Centre	€3 per session



## Women's Adapted Circuit @ Waterford Warriors

We would like to take this opportunity to thank Waterford Warriors for coming on board this year to deliver our Women's Only Adapted Circuit. The circuit session has gone from strength to strength as a result of Rachel's fantastic instruction. Waterford Warriors will continue to run the circuit class in 2020.

For more information about the class or to book please contact Rachel 086 885 0819.

## Walk for Life

We co-ordinated four walks as part of our Winter Walk for Life Series. The series was a huge success with over 200 older adults and people with disabilities taking part. The series ran every Tuesday morning at 10.30am and we were delighted to average 52 people on each of our four walks; the Anne Valley Walk, Carriglea Woodland Walk, Tramore Beach, and Waterford Greenway Kilmacthomas. During this walking series we were delighted to be able to visit the grounds of Carriglea for the first time, and walk Phase 2 of the Anne Valley which leads to a beautiful scenic view of Annewstown. Our next walking series begins on Wednesday 11<sup>th</sup> February and we will be starting with a 'Greenway' theme.



If you are interested in participating in our next walking series please contact Sinéad Brannigan 0761 10 2430 or [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie). Check out our list of walks below . . .

## Christmas Walk & Train Ride

We were delighted that forty nine people attended our Annual Christmas Walk for Life yesterday at the Waterford Suir Valley Railway. It was a chilly morning, but Rachel got everyone warmed up, and the thirty minute walk helped to heat the bodies up a little bit more. Post walk everyone enjoyed a picturesque train ride to Mount Congreve and back. Then afterwards we were served hot drinks and sweet treats which added a lovely Christmas feel to the whole morning. Thanks to Maria and her team at the Waterford & Suir Valley Railway for looking after us so well. Thank you to all the individuals, and organisations that have supported our Walk for Life series throughout 2019. **It's been a great year of walking and exploring.**



## WALK FOR LIFE SPRING SERIES 2020

**A SERIES OF ORGANISED WALKS FOR OVER 50'S & PEOPLE WITH A DISABILITY**

DATE	WALK LOCATION	MEETING POINT
Tuesday 11 <sup>th</sup> February	Waterford Greenway Dungarvan	10.30am @ The fountain in Walton Park
Tuesday 18 <sup>th</sup> February	Waterford Greenway Durrow	10.30am @ Waterford Greenway Durrow Car Park
Tuesday 25 <sup>h</sup> February	Waterford Greenway Bilberry	10.30am @ Waterford Greenway Bilberry Car Park.
Tuesday 3 <sup>rd</sup> March	Waterford Greenway Kilmacthomas	10.30am @ Workhouse Car Park

**€4 per walk : includes tea/coffee/scone. BOOKING ESSENTIAL.**

Please contact Sinead Brannigan on 076 110 2430 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)

**EQUIPMENT AND DEMONSTRATIONS** - We have 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 demo or to borrow equipment, please contact Sinead Brannigan on 0761 10 2430 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie).







## Age & Opportunity Grant Recipients Announced

We are delighted with the announcement that twenty two **groups in Waterford have been allocated funding of €6,650** in total from the National Grant Scheme for Sport and Physical Activity for Older People. Each year the National Grant Scheme for Sport and Physical Activity for Older People provides funding to assist in the implementation of locally developed well planned initiatives that are designed to increase participation in recreational sport and physical activity among older people. Congratulations to all the successful applicants, we look forward to seeing the benefit of this funding in 2020.

*Check out the full list of the Waterford recipients.*

Ardmore and Grange ICA	€250
Ballinroad ICA	€250
Brownstown Residents Association	€260
Butlerstown ICA	€250
Carbally Active Retirement Group	€260
Carbally Community Development Project	€260
Clonea Rathgormack ICA	€250
Cnoc Bui ARA	€250
Deise Women's Group	€270
Deise Women's Shed	€250
Waterford/Dungarvan Care of the Aged Ltd.	€260
Edmund Rice ARA	€250
Glenbeg ICA	€250
Irish Wheelchair Association, Waterford	€260
Kilrossanty ICA	€250
Kinsalebeg/Clashmore Community Council	€260
Minaun ICA	€250
Old Parish ICA	€250
St. Pauls and District Men's ARA	€270
The Pres Badminton Club	€250
Waterford LEDC CLG/Cill Barra Community Sports Centre	€250
Waterford Sports Partnership	€1300
	<b>€6650</b>

## INTRODUCTORY SUPPORT VISITS

WSP delivers support visits to active retirement groups and facilities with the aim of ensuring physical activity is accessible and sustainable for 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 help to break down barriers for groups and show them that simple exercises can improve strength and that aerobic exercise is doable. The visits give participants a flavour of the activities we coordinate for older adults.

To find out more please contact Sinéad Brannigan on 0761 10 2430 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)

### 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 in Waterford

#### Regional Sports Centre Cork Road, Waterford

**€2.50 for over 55's | 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

### FOR FURTHER INFORMATION ON ACTIVITIES FOR OVER 50's

Please contact Sinéad Brannigan on 0761 10 2430  
or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)



## WOMEN ON THE MOVE!

### Kinsalebeg

On Monday 23<sup>rd</sup> September we started our Women on the Move programme in Kinsalebeg. The programme ran for five weeks and was tutored by Shauna Walsh. All of the women that took part in the programme noticed improvements in their fitness, mobility and co-ordination skills as a result of Shauna's excellent tutoring. Following the five weeks of training one of the participants almost doubled the number of squats that she could do in one minute (17 to 31). We followed up the

programme with a second six week block in November and December and seventeen women participated in this. We've had extremely positive feedback from the participants and we're looking forward to our 2020 Programme.

### Kilmacthomas

We ran two blocks of Women on the Move in Kilmacthomas in Autumn 2019. Nineteen women took part in the sessions which ran every Monday from 7 – 8pm in Rainbow Hall. WSP tutor Sarah Kiely ensured that all abilities were catered for and that the group had plenty of fun too!

Check out the details of our 2020 programmes below. . .

What the participants said . . .

*'Women on the Move is really enjoyable and I am very impressed with how well the programme is tailored to each person's ability.'*

*'As a carer I find this programme very convenient as I'm just a little over an hour out and I love the fun and meeting my neighbours of different ages.'*

## NOW BOOKING! WOMEN ON THE MOVE 2020

Women on the Move KILMACTHOMAS 2020 starting on Monday 20<sup>th</sup> January | 7 to 8pm

Book now on [www.eventbrite.ie](http://www.eventbrite.ie). | To find out more please contact Lauren Walsh-Kett on 0761 10 2619 or email [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie)

Women on the Move KINSALEBEG 2020 starting on Monday 20<sup>th</sup> January | 7 to 8pm

Book now on [www.eventbrite.ie](http://www.eventbrite.ie). | To find out more please contact Sinéad Brannigan on 0761 10 2430 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)

## Learn 2 Love Fitness

We are looking forward to reintroducing our Learn 2 Love Fitness programme in 2020. This is a six week educational programme, developed by Waterford Sports Partnership and delivered in a gym environment by a qualified fitness instructor. The aim of the programme is to make women more comfortable and confident in the gym environment. Fun is central to the programme, with each session being delivered in a positive environment, which provides the participants with the knowledge, confidence and motivation to be physically active. Our first Learn 2 Love Fitness programme of 2020 is starting in Kilgobinet GAA Sports Centre Gym on Wednesday 15th January @ 7pm. This is a six week women only programme. Cost: €30pp. Limited Places. Book now on [www.eventbrite.ie](http://www.eventbrite.ie). For more information please contact Sinéad Brannigan on 0761 10 2430, or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)



## Baby Bells

Waterford Sports Partnership teamed up with Waterford Warriors Strength and Conditioning to run two blocks of Baby Bells for mums of new babies 2-12 months. The programme gave new mums an opportunity to exercise with their baby over six weeks. The programme was tutored by Rachael Wall who designed a specific programme suited to the ladies fitness level. Each week, Rachael increased the intensity of the workout, challenging the women in a safe and supportive environment. Rachael also gave the mums weekly nutrition tips that they could implement into their busy lifestyles each week. Well done to all the mums who took part in the two blocks of our programme, and to Rachael who looked after the group so well. We will be running Babybells again in 2020. For more information please contact Pauline Casey on 076 110 2682 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie).



## Buggy Buddies

In September we ran a 'Buggy Buddies' programme in Dungarvan. Every week the six women met in Walton Park for some resistance exercises before going for a walk on the Waterford Greenway.

For more information please contact: Lauren Walsh-Kett on 0761 10 2619 or [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie).





## Camogie Initiative for Girls Born in 2005

As part of the 20x20 Campaign, Waterford Sports Partnership worked alongside the Waterford County Board to run a Camogie Participation Initiative for girls born in 2005. The aim of the initiative was to encourage the to stay playing Camogie at an age where there is a high dropout rate. The initiative ran over four weeks from 10.30am – 12.30pm in WIT Arena. Over 30 girls from various clubs from across Waterford City and County were in attendance each week and were coached by experienced coaches such as Tom O'Brien, John Doxer Burns and two senior Camogie Players Beth Carton and Iona Heffernan. Well done to all the girls who took part in the initiative. We are looking forward to seeing you on the pitch again in 2020.



## Let's Run

In September 2019, we ran two Let's Run 0-5km programmes for women only. The programme was aimed at women who always wanted to run but needed support to get started. The first programme was run in Dungarvan in partnership with West Waterford Athletic Club. Due to huge demands a second group had to be added to cater for the 50 plus women who wanted to take part. Over the six weeks the club worked with the women increasing their mileage on a weekly basis and building their running confidence. Following the initial six weeks, the club took on the programme and now run a women only social running group. The group meets on a Monday night and run/walk from 3-5km depending on each participant's ability. The DUNGARVAN groups will be starting again on Tuesday 7th January. Two groups 5.30 & 6.30pm, 3k & 5k options in a relaxed atmosphere where you can progress at your own pace. €20 for six weeks. If you are interested in joining this group please call Irene Clarke on 086 8242348



Our second group took part in Waterford City in the Regional Sports Centre and was facilitated by WSP tutors Jamie Knox and Jane Crowley. Over 25 women took part in the initial 6 week block with twelve signing up for a further 6 weeks. This group set a goal of running a 5km route without stopping at the end of the programme and we are happy to say that all completed the task. Well done to all the women who took part in this initiative!



## NOW BOOKING!

We will be running two new Let's Run groups for women in January 2020.

**Let's Run Waterford | Regional Sports Centre, Cork Road, Waterford | Starting Monday 20<sup>th</sup> January | 6.30 to 7.30pm**

**Let's Run Kilmacthomas | Rainbow Hall | Starting Saturday 25<sup>th</sup> January | 10.30 to 11.30am**

Both programmes will run for 6 weeks and cost €30 per person.

You can book now on [www.eventbrite.ie](http://www.eventbrite.ie) or contact Pauline Casey on 0761 10 2682 for more information

## Men on the Move 2019

Men on the Move 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 eight 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.

We were delighted that 58 men, including 28 new men completed the eight week Men on the Move Programme in Autumn 2019. We were also delighted to have a new group up and running in Tramore along with our groups in Dungarvan and Waterford City, we would like to thank Tramore GAA, Dungarvan GAA and the RSC for the use of their facilities for the programme. It was great to have so many new men on the Autumn Programmes and one of the things that struck us was the **social impact of the groups sessions, one participant commented 'the craic I've had in this programme is the same as I had in a GAA changing room 25 years ago'**. The age profile of the participants ranged from 32 to 73, with an average age of 51 for the programme, an age where there are sometimes limited opportunities for physical activity for men.

It is great to see we still have some of our original men coming to these sessions as it offers something that suits their lifestyle and needs. They want to be fitter and meet other men without being tied to a club! We are also very thankful to our talented team of tutors, so thank you to Aaron Grant, Craig Shead, Rosie Doherty, Jack Lyons, Jamie Knox and Sara Hearne. Men on the Move focuses on improving physical fitness and we have seen some great improvements during the programme, particularly through aerobic fitness in the one mile time and decrease in waist circumference. We are delighted that the men are continuing to meet up outside of sessions to ensure they keep up two evenings a week as part of their exercise habit. Well done to all the men!

Checkout the results tables below for each of the programmes!

DUNGARVAN   AVERAGE AGE 53			
	AVERAGE PRE	AVERAGE POST	AVERAGE IMPROVEMENT
WAIST	105.1	100.9	-4.2cm
WEIGHT	89.5	89.4	-0.1kg
1 MILE	9.02	8.15	-47 secs

TRAMORE   AVERAGE AGE 47			
	AVERAGE PRE	AVERAGE POST	AVERAGE IMPROVEMENT
WAIST	104.5	102.7	-1.8cm
WEIGHT	90.66	90.78	+0.12kg
1 MILE	13.12	9.03	-4 min 9 secs

WATERFORD CITY   AVERAGE AGE 50			
	AVERAGE PRE	AVERAGE POST	AVERAGE IMPROVEMENT
WAIST	105.9	104	-1.9cm
WEIGHT	95.9	96.34	+0.44kg
1 MILE	9.25	8.19	-1 min 6 secs

## Men on the Move

What the participants said . . .

*'the instructors were very good, interested and prepared and really motivated us. Always starting on time gave great structure and discipline to the program. It was always on despite the weather so you could be prepared in advance'*

*'I think what the team delivered and ticked all the boxes, the only thing I would say, part of the barrier is self motivation, and to be able to exercise off your own back is your own personal challenge'*

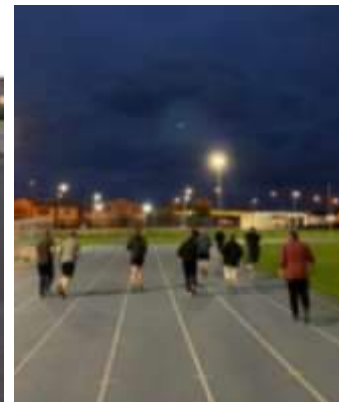
*'I really enjoy the programme, getting out of the house, exercising, and the social aspect, the banter and craic with the other lads'*

*'Just to say that the guys were unreal, Sara, Jamie, Aaron, Peter, they all made the course fun, getting fit is never fun but you guys nailed it, thank you all so much'*

The Men on the Move Programme has had some very positive outcomes, here are two such journeys!

**My MOM Journey:** 'I was diagnosed with epilepsy in 2013, having seizures, it affected my confidence, I didn't want to leave the house in case I'd have a seizure, I had panic attacks. I got the courage to start the programme and I found a great improvement, more confidence. I started to feel better about myself and began to enjoy meeting the lads and the actual exercise I feel healthier now and have lost weight, people have noticed and asked me about it. I've started in the last year or so, going for runs on my own, in my spare time. It's great to clear the mind. I never thought I'd be able to run; I'd be too self conscious. The program really improved my life, I actual like to run or walk now. My only regret is that I didn't take up regular exercise sooner.'

My MOM Journey: '2016: Weight 114kg, Waist 109.22, couch potato. Only mixed friends no male only setting. High dose heart, cholesterol and diabetes tablets. After 12 MOM sessions, dose reduced in all three to moderate levels weight etc. reducing. 2017: Different environment with group. After the 6 week sessions we were looking for more didn't really keep going on our own. More weight loss and tablet reductions. Did more on our own as a group and individually. Started using my fitness app. Managed the 100k Sean Kelly Cycle. 2018: My eureka year! Friendship group established with men. Kept sessions going all year round group really got it together (jelled). Completed 120k cycle. Started a Saturday morning 95k cycle to Waterford and back. Completely off diabetes tablets Lowest dose heart and cholesterol (control dose). Weight down to acceptable levels 80kg Waist 86cm. 2019: Same as 2018. Great sessions from WSP, great individual coaching. With assistance from WSP, we have kept meeting up outside of men on the move times.'



## UPCOMING 2020 PROGRAMMES FOR MEN!

The following programmes are NOW BOOKING please check out our website for more information, you can book via [www.eventbrite.ie](http://www.eventbrite.ie) or contact Peter Jones on 076 110 2191 or [pjones@waterfordpsportspartnership.ie](mailto:pjones@waterfordpsportspartnership.ie)

PROGRAMME	LOCATION	START	Duration
Me and My Dad do Gymnastics	Waterford City	TBC	4 weeks
Me and My Dad do Gymnastics	Dungarvan	TBC	4 weeks
Men on the Move	Dungarvan	Monday 20 <sup>th</sup> January	6 weeks
Men on the Move	Tramore	Monday 20 <sup>th</sup> January	6 weeks
Men on the Move	Waterford City	Tuesday 21 <sup>st</sup> January	6 weeks
Fighting Fit	Dungarvan	Monday 9 <sup>th</sup> March	6 weeks
Fighting Fit	Waterford City	Wednesday 11 <sup>th</sup> March	6 weeks
Fighting Fit	Tramore	Monday 16 <sup>th</sup> March	6 weeks



## Walk Waterford Woodland Walking Series *Four magical woodland walks!*

We were delighted to have the opportunity to showcase some of **Waterford's finest walks as part of the Walk Waterford Woodland Series** in October this year. Four walks were planned as part of the Series; Colligan Woods, Dunmore East Wooded Walk, The Towers Ballysaggart and Glenshelane Woodland Walk (Cappoquin).

The Series kicked off on Sunday 6<sup>th</sup> October at 10.30am in the popular Colligan Woods. Seventeen enthusiastic leisure walkers undertook the Inchadrisla Loop (3.5kms) that combines a riverside and woodland walk with tremendous views out over the surrounding countryside.

Our second walk of the series took place on Sunday 13<sup>th</sup> October in the Dunmore East Wood. This 3km looped wooded walk took participants through the Lower Woods, the Upper Woods and the Upper Village of Dunmore East with beautiful coastal views.

On Sunday 20<sup>th</sup> October we held our third walk of the series in The Towers (Ballysaggart). Participants got the opportunity to explore all that this 2km loop walk had to offer, including the gothic style gate lodges and magnificent trees and shrubs along the way.

Our final walk of the series took place on Sunday 27<sup>th</sup> October in Glenshelane Woods. Participants had an opportunity to explore the long wooded glen that runs either side of the Glenshelane River. This walk has an extensive network of forest roads, trails and bridges that gave the walkers a variety of choice from 2km – 3.5km walks.



## more Photos from Men on the Move



## WSP/WIT 'Learn to Coach' Programme

In 2019, WSP delivered a 'Learn to Coach' development programme in conjunction with WIT, Waterford GAA Coaching & Games Development, the Camogie Association and the Ladies Gaelic Football Association. The programme aims to give WIT coaching students the necessary qualifications and, more importantly, experience and guidance to develop their coaching skills.

We were delighted with the fifteen students who completed the course and delivered training sessions to juveniles in Killrossanty/Brickies Ladies Football Club, Mount Sion Camogie Club, De La Salle Camogie Club and St Saviour's GAA Club. The programme was a great success and we were delighted with the feedback from clubs and students.

In 2020, WSP are once again taking the lead on this programme with the NGB's but with some improvements including Learn to Coaching Booklets, club mentoring and we will also have a WSP/WIT/NGB mentor assigned to each coach to provide the necessary support for student coaches.

We are currently recruiting coaches from WIT across a range of courses who will undertake the following timetable of events to deliver coaching to children in local clubs.



DATE	TIME	VENUE	DELIVERY LEAD	COURSE TITLE
Friday 17 <sup>th</sup> January	TBC	WIT Arena	GAA	Safeguarding 1
Friday 24 <sup>th</sup> January	9.30am to 1.30pm 2 to 4pm	WIT Arena	GAA	GAA Dual Course Camogie
Friday 31 <sup>st</sup> January	9.30am to 1.30pm 2 to 4pm	WIT Arena	LGFA/Camogie	GAA Dual course Ladies Football
Friday 7 <sup>th</sup> February	9.30am to 1.30pm 2 to 4pm	WIT Arena	WSP	How to Deliver a Fun Warm Up Peer Delivery
Friday 14 <sup>th</sup> February	9.30am to 1.30pm 2 to 4pm	WIT Arena	WSP/GAA/Camogie/LGFA	Peer Coaching First Aid
Monday 17 <sup>th</sup> February	TBC	WIT Arena	WSP/WIT/GAA/Camogie/LGFA	Club mentors/WIT placement student pre-programme meeting
Monday 24 <sup>th</sup> February to Tuesday 21 <sup>st</sup> April		Clubs	Students will deliver coaching sessions in six clubs in Waterford City/County	

For more information please contact Peter Jones on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).



## CLUB DEVELOPMENT

### WSP Club Grant 2019

The focus of our small scale club grant for 2019 was to support initiatives to increase participation levels of people with a disability, youth at risk and the sports of swimming, rowing and orienteering. Applicants were asked to demonstrate how their proposed initiatives would lead to sustainable participation. We received high quality applications which were all assessed. The seven successful groups are listed here. For more information please contact Sinéad Brannigan on 0761 10 2430 or [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)

	Club/Organisation
Youth	St. Paul's Boxing Club   Waterford City
Swimming	Barracuda Swimming Club   Dungarvan
Disability	White Strand Foróige Youth Club for Children with High Functioning Autism v   Dungarvan
Rowing	Red Iron Rowing Club   Waterford City
Rowing	Cappoquinn Rowing Club
Rowing	Déise Community Boat Club   Waterford City
Rowing	Waterford Boat Club   Waterford City



## Cappoquin, Lismore and Villierstown Community Hub

Waterford Sports Partnership were successful in applying for funding from Dormant Accounts through Sport Ireland to set up a Community Sports Hub in the Cappoquin, Lismore, Villierstown area. A Community Sports Hub is a collective of organisations and individuals that want to work together to improve the sporting and physical activity opportunities in their community.

The core objective of the Community Sports Hub is to grow participation, engage the local community, promote community leadership, offer a range of sporting opportunities, promote awareness of sporting opportunities and bring all key partners/groups/people together within the three specified areas.

We have established strong links with a range of community groups, clubs and agencies for target groups including women, men, older adults, disability and schools within these three communities. This project offers a real chance to make a sustained impact on the physical activity opportunities for people of all ages in these communities.



*In advance of the funding application, WSP carried out a needs analysis with representatives from the three areas in late 2018 assessing:*

- Current Physical Activity and Sport Opportunities
- Current Education and Training Opportunities
- Key Organisations in the area
- Potential opportunities for linkages
- Local Facilities and Infrastructure that support participation
- How access and usage of local facilities and infrastructure could be increased.

### What's next?

In the coming months we will engage with the local communities to achieve the following:

- Establish a database of physical activities that are currently on offer in the local communities
- Engage with local stakeholders and form a steering group to shape the rural hub project
- Look at strengthening existing clubs and communities and identify any gaps to increase physical activity opportunities
- Undertake a more detailed needs analysis with the local communities

Waterford Sports Partnership will, with the support of the community, address the gaps and priorities identified by the community through physical activity programmes and initiatives in the Rural Hub area in 2020. We are looking forward to hosting an Operation Transformation event in the community on Saturday 18<sup>th</sup> January and look forward to seeing the local community support this event. *Please see details below!*



## West Waterford Operation Transformation

*Join us in Cappoquin Affane GAA Club on Saturday 18<sup>th</sup> January to Kickstart your decade!*

### West Waterford OT Family Walk

On Saturday 18<sup>th</sup> January we're organising a 3km family walk around the GAA grounds followed by family fun games and refreshments in the GAA Club. Registration from 10.30am or pre-register now on [www.eventbrite.ie](http://www.eventbrite.ie). This is a FREE event!



GET FIT  
While you have  
FUN!

## West Waterford Family Operation Transformation

We are running a follow-on four week OT Programme in West Waterford starting on Saturday 25<sup>th</sup> January at 11am at Cappoquin Affane GAA Club. The one-hour sessions will consist of: 20 minutes of core strength/flexibility, 20 minutes of fun co-ordination type games and 20 minutes of aerobic activity. **Cost: €10 per family** (children under 12 must be accompanied by an adult). Limited places. Book now on [www.eventbrite.ie](http://www.eventbrite.ie).



Sports Development Officer Peter Jones is leading this project on a part time basis. Peter will be based in the community for one day a week in 2020. For further information or if you have any questions in relation to the Rural Sports Hub please contact: Peter Jones, Hub Development Officer on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

## 2020 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
January 2020				
Saturday 18 <sup>th</sup> January	Operation Transformation Waterford Walks - Waterford Greenway Kilmacthomas - Cappoquin Affane GAA Club	Start time: 11am Registration from 10.30am on the day or pre-register on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a> FREE EVENTS		Kilmacthomas: Meeting @ the Workhouse Car Park Cappoquin: Meeting @ Cappoquin Affane GAA Club
Monday 20 <sup>th</sup> January	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Thursday 23 <sup>rd</sup> January	Autism in Sport Training Course	6-9pm	€45pp	WIT Arena, Carriganore, Waterford.
February 2020				
Monday 10 <sup>th</sup> February	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre
Tuesday 11 <sup>th</sup> February	Walk for Life   Waterford Greenway Dungarvan	10.30am	€4pp	Meeting at the fountain in Walton Park.
Tuesday 18 <sup>th</sup> February	Walk for Life   Waterford Greenway Durrow	10.30am	€4pp	Meeting at the Durrow Greenway Car Park.
Tuesday 25 <sup>th</sup> February	Walk for Life   Waterford Greenway Bilberry	10.30am	€4pp	Meeting at the Bilberry Greenway Car Park.
March 2020				
Monday 2 <sup>nd</sup> March	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Tuesday 3 <sup>rd</sup> March	Walk for Life   Waterford Greenway Kilmacthomas	10.30am	€4pp	Meeting at the Workhouse Greenway Car Park.
Monday 9 <sup>th</sup> March	Safeguarding 2 - <b>Club Children's Officer</b> Training	6-9pm	€15pp	Dungarvan Enterprise Centre
Saturday 14 <sup>th</sup> March	Remote Emergency Care First Aid Course	9 am to 5pm	€45pp	The Park Hotel, Dungarvan, Co. Waterford.
April 2020				
Monday 6 <sup>th</sup> April	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Cappoquin Community Centre
Monday 27 <sup>th</sup> April	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Rainbow Hall Kilmacthomas
May 2020				
Monday 11 <sup>th</sup> May	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 18 <sup>th</sup> May	Safeguarding 2 - <b>Club Children's Officer</b> Training	6-9pm	€15pp	Cappoquin Community Centre
Monday 18 <sup>th</sup> May	Safeguarding 2 - <b>Club Children's Officer</b> Training	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 25 <sup>th</sup> May	Safeguarding 3 – Designated Liaison Person	6-9pm	€15pp	Rainbow Hall Kilmacthomas



## 2020 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
June 2020				
Sunday 6 <sup>th</sup> to Sunday 14 <sup>th</sup> June	National Bike Week 2020	Various events see <a href="http://www.bikeweek.ie">www.bikeweek.ie</a>		
Monday 8 <sup>th</sup> June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	The Park Hotel, Dungarvan.
Monday 22 <sup>nd</sup> June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	National Training Centre for Beach Lifeguards, Lower Promenade, Tramore.
Saturday 27 <sup>th</sup> June	Remote Emergency Care First Aid Course	9 am to 5pm	€45pp	WIT Arena, Carriganore, Waterford.
September 2020				
Monday 7 <sup>th</sup> September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	Dungarvan Enterprise Centre.
Friday 11 <sup>th</sup> & Saturday 12 <sup>th</sup> September	Waterford SportsAbility Weekend	Friday: 6-9pm Saturday: 11am - 2pm	FREE	WIT Arena, Carriganore, Waterford.
Saturday 12 <sup>th</sup> September	Remote Emergency Care First Aid Course	9am to 5pm	€45pp	The Park Hotel, Dungarvan, Co. Waterford.
October 2020				
Thursday 1 <sup>st</sup> October	Autism in Sport Training Course	6-9pm	€45pp	Dungarvan   Venue TBC.
Monday 12 <sup>th</sup> October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 19 <sup>th</sup> October	Safeguarding 2 - <b>Club Children's Officer</b> Training	6-9pm	€15pp	Dungarvan Enterprise Centre.
November 2020				
Monday 2 <sup>nd</sup> November	Safeguarding 3 – Designated Liaison Person	6-9pm	€15pp	WIT Arena, Carriganore, Waterford.
Monday 9 <sup>th</sup> November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	The Park Hotel, Dungarvan, Co. Waterford.

## CHECK OUT OUR WEBSITE

For further information on courses and links to online booking

[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

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

## Waterford Sports Ability 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. The aim of the forum is for organisations to meet quarterly and share information on what physical activity opportunities are available for people with a disability in Waterford. The forum is going from strength to strength, with the forum developing a vision mission and clear objectives and goals to achieve each year. This year the Forum set two goals; 1. **Expand on last year’s SportsAbility Event** and 2. **Create a Facebook page that would heighten the awareness of the SportsAbility Forum** and become a one stop shop for information on physical activity opportunities for people with a disability. The Forum is happy to announce that both objectives have been met in 2019 and in January 2020 we will be setting our new objectives for the year ahead. The Forum is always looking for new members. If you or your organisation is interested in joining please contact: Pauline on 076 110 2682 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)



## Kick Start to Recovery Programme

The Kick Start to Recovery Programme has gone from strength to strength over the past number of years in Waterford. The programme was developed by the FAI in partnership with the HSE Mental Health Teams and with the support of the Sports Inclusion Officers in Local Sports Partnerships to bring football into the lives of those with mental health difficulties. The programme allows the participants to use football as a platform for enabling them to improve their mental health as well as reaping many physical and social benefits. This year Waterford Sports Partnership supported three blocks of football, all of which were led by Tommy Griffin from the FAI. Each block ran for 5-6

weeks from 11am – 12pm in the Kingfisher Club in Waterford, with an average of 10-12 participants in attendance. We are always looking for new participants and are encouraging those in mental health services to join us in 2020. If you are interested in taking part or would like more information please contact Pauline on 076 110 2682 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)

## Let’s Play GAA at Tramore GAA Club

Waterford Sports Partnership teamed up with Tramore GAA Club to run its very first Let’s Play GAA Programme for children 5-18 years with mild to moderate disabilities. The programme started on Saturday 21<sup>st</sup> September and ran over six weeks for 60 minutes and was delivered by Ciáran Boyle (Munster GAA) and Denise O’ Connor (Tramore GAA). Each week participants took part in fun games and activities that helped to improve their GAA skills and also had the opportunity to try out the GAA’s new inclusive game ‘Fun & Run’. Well done to the eight participants who took part in the programme and to Tramore GAA Club for hosting a great programme.



## Boccia

Boccia is one of the most popular activities run by Waterford Sports Partnership for adults with a disability. Boccia runs once a month in WIT Arena from 11am – 12.30pm and is suitable for all abilities. Participants come from a number of disability organisations such as Brothers of Charity, National Learning Network, The Journey Man, 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.

We held our final session of 2019 on Wednesday 5<sup>th</sup> December with fifty three participants. We played Boccia for sixty minutes followed by our annual Christmas party. This was a fantastic day with many dressing up in festive jumpers and embracing the Christmas Spirit. Special thanks to Chris Dempsey from OLR Fitness who facilitated our Boccia programme and to all the staff in WIT Arena who were most welcoming and helpful over the year. WSP are always looking for new groups and individuals to take part in our monthly boccia activity, our first session of 2020 will take place on Wednesday 15<sup>th</sup> January. If you or your organisation is interested in taking part please contact Pauline Casey on 076 110 2682 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)





## Fishing for All

In September of this year, Waterford Sports Partnership teamed up with Inland Fisheries Ireland (IFI) to run an educational level one fishing programme for people with a disability. The programme was funded through Dormant Accounts and ran over four weeks, three of which were in Ballyshunnoch Reservoir Portlaoise and the final taking place in Oaklands Lake in New Ross. The programme was facilitated by Der Casey and Martin Kearns from Waterford & District Fishing Club and eight participants from Rehab Care Waterford Vitae Group took part. Each week participants were taught a new skill and some interesting facts about the fish they were catching and the wildlife that surrounded them. The programme was a huge success with participants waiting to take part in level two in 2020. A special thank you must go to Imelda from IFI who gave us this fantastic opportunity; we look forward to working with you in the future.



## Ready Steady Pedal

Well done to the eight participants from The Anne Le Roy Centre-Carriglea, Dungarvan who took part in our five week Ready, Steady, Pedal Programme which started in August. Each week the group improved their cycling skills and Greenway etiquette and built up their distance on the Waterford Greenway. On the final day of the programme we cycled to Durrow and stopped for a lovely picnic before travelling back. Thank you to tutor Jamie Knox for delivering the cycling sessions in Dungarvan.



## Walk for Life

We were delighted to have the opportunity to showcase some of Waterford's finest walks as part of the Walk for Life Series for people with a disability. Four walks were planned as part of the Series; Anne Valley Walk Phase 2, Carriglea Woodland Walk, Tramore Beach and Waterford Greenway Kilmacthomas. All four walks had a fantastic attendance with over 50 participants taking part in at least one of the four walks.



The Series kicked off on Tuesday 10<sup>th</sup> September at 10.30am with a walk along the newly developed Anne Valley Walk Dunhill (Phase 2). With clear, sunny skies on the day participants had fabulous views of Dunhill Castle and Annewstown Beach as they meandered through the fully accessible 4.5km linear walk. Carriglea Chairde Services hosted our second walk of the series on Tuesday 17<sup>th</sup> September as they led us around their well kept grounds and looped woodland walk. Following the walk they welcomed all participants into their Sports Hall for a well deserved tea/coffee and scone. On Tuesday 24<sup>th</sup> September our third walk of the series took place in Tramore along the promenade. Participants had an opportunity to complete a number of different routes on the morning ranging from 1km – 5km. Our final walk of the series took place on Tuesday 1<sup>st</sup> October along the Waterford Greenway at Kilmacthomas. This walk always attracts a large crowd giving participants an opportunity to walk between 2km and 5km on the day. Well done to all the organisations who took part in our Walking Series we are looking forward to seeing you all again in 2020.

Check out the Calendar of Events (Page 22) for details of our next series of walks, and remember to contact Pauline Casey on 0761 10 2682 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie) to book your place.

## Tag Rugby for Special Schools

We recently ran a four week Tag Rugby Programme with students from St. John's Special School Dungarvan and St. Joseph's Special School Waterford City. The programme was aimed at both boys and girls in the Senior Cycle of the school. Each week, both schools took part in a tag rugby session facilitated by Munster Rugby Coaches John O' Neill and Rebecca O' Reilly. Participants learned the skills very quickly and by week four had really grasped the concept of the game and demonstrated some great teamwork. Both schools are due to show off their new skills in a Blitz that will take place in early January 2020.



## Special Schools Girls Soccer

In partnership with the FAI, we organised a four week soccer programme for girls aged 15 years plus in St. John's Special School Dungarvan and St. Joseph's Special School Waterford City. The aim of the programme was to give girls an opportunity to take part in soccer as the opportunity does not exist within the special schools structure. Following the four week training, special schools from within the region were invited to take part in a Blitz in WIT Arena on Friday 8<sup>th</sup> November. Over 100 girls from Waterford, Limerick, Wexford, Kilkenny and Cork all took part on the day with two competitions being run. The standard was very high in both competitions with Kilkenny coming out winners of the Plate Competition and Cork coming out winners of the Shield Competition. Well done to all the girls for taking part in what we hope will become an annual event.



## Gym Programme - Waterford Warriors

Waterford Sports Partnership teamed up with Waterford Warriors Strength and Conditioning to run a pilot CrossFit Gym programme. The programme ran over six weeks and was aimed at adults with a mild intellectual disability. Seven participants from The Meeting Place (Brothers of Charity) took part in the programme and the programme was delivered by Trisha O' Reilly (Coach at Waterford Warriors). Over the six weeks participants were challenged to learn new skills that they may not have had the opportunity to do before such as medball deadlifts, rope climbs and handstands. This programme really showed that no boundaries exist when it comes to physical activity as participants excelled when learning these new skills. Well done to all those who took part and particularly to Trisha in Waterford Warriors for delivering an excellent programme.



## Accessible Facilities at Dungarvan Sports Centre

In early 2019, Waterford Sports Partnership secured funding through Dormant Accounts Sports Inclusion Disability Programme Capital Fund to work on a capital project in Waterford that would have a positive impact on disability sport. With this in mind, Pauline Casey (SIDO) identified the lack of accessible venues in the Dungarvan/West Waterford area that was impacting on the number of activities that were taking place for people with a disability in the area. After liaising with Waterford City & County Council it was decided to upgrade toilet facilities in Dungarvan Sports Centre. The upgrade was to make the toilets accessible for wheelchair users and those with mobility issues. Now that the facilities have been upgraded it allows for greater opportunity for physical activities to take place in the Dungarvan and West Waterford Area. We are looking forward to delivering a number of opportunities in the area in 2020 and developing a physical activity club for people with a disability in the Dungarvan & West Waterford area.





## Get Ireland Walking Community Walking Programme

Earlier this year, Waterford Sports Partnership received funding from Get Ireland Walking to run a ten week community walking programme. The programme was facilitated by WSP Tutor Shane Dineen in Kilbarry Nature Park and ten participants from Rehab Care Waterford - Vitae took part. The participants had set a goal in week one to complete 5km on week ten and raise money for local charity 'Noah's Wish to Walk. Over the weeks it was visible that the fitness levels of each participant had improved as they increased their weekly distance. On Monday 9<sup>th</sup> September, all ten participants achieved their 5km goal as they took on the Kilbarry Nature Park for their final walk. Well done to all participants on your fantastic achievement and to Shane for running an excellent programme.



## Volunteer Support Training

Waterford Sports Partnership was successful in securing Volunteer Support Funding from Dormant Accounts through Sport Ireland. We recognise the importance volunteers/coaches play within our clubs and communities. Through this funding, Waterford Sports Partnership assisted a number of volunteers and coaches in Disability Clubs by offering a suite of certified training courses all of which are heavily subsidised.

On Saturday 12<sup>th</sup> October, we held an Active Leadership Training Course for eleven volunteers in WIT Arena. Active Leadership is designed to equip participants with the necessary knowledge and skills to plan, organise and lead the delivery of a safe activity session. The training is a mixture of theory and practical work covering areas such as communication, safety, organising and planning sessions and delivering a session. Each participant had an opportunity to put all these new skills into practice on the day during their assessments.

Our next training course was a Remote Emergency Care Level 1 First Aid Course that was delivered on Saturday 2<sup>nd</sup> November in WIT Arena. Eight participants took part in the training which involved plenty of hands-on practice including outdoor scenarios. Well done to all the participants who availed of this programme, we hope that your new skills will support your club in the future.

We will be running more Volunteer Support Programmes in 2020. If you are a Disability Club and you would like to avail of this training please contact Pauline Casey on 076 110 2682 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie).





## 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 towards the needs of specific groups. Some of the training courses on offer include; Disability Inclusion Training, Disability Awareness in Sport Training, Inclusive Fitness Training, and Autism in Sport Training as well as support visits to schools and organisations.

Disability Awareness in Sport Training	2 hour course	This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.
Disability Inclusion Training	6 hour course	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	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	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.





For more information on training please contact Pauline Casey our Sports Inclusion Disability Officer by phone on 0761 10 2682 or by email [pcasey@waterfordsportspartnership](mailto:pcasey@waterfordsportspartnership)

# DISABILITY CALENDAR 2020

Programme	Date /Time /Location	Description	Cost/Booking
WALK FOR LIFE			
	Tuesday 11 <sup>th</sup> February @ 10.30am Waterford Greenway Dungarvan Meeting in Walton Park Dungarvan.	PAN Disability Walk for Life is back this Spring - Waterford Sports Partnership is hosting a series of walks for people with a disability, all which can be modified to cater for all abilities but be sure to check out the details before travelling. 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.	<b>€4pp (includes tea/coffee &amp; scone)</b> <i>Booking Essential</i>  Please contact Pauline on 076 110 2682 or Text Org Name & Participating Numbers to 086 7837385  <i>**Please Note:</i> Toilet Facilities may not be available at meeting point, please contact WSP for details in advance
	Tuesday 18 <sup>th</sup> February @ 10.30am Waterford Greenway Durrow Meeting in Waterford Greenway Durrow Car Park (opposite O'Mahony's Pub).		
	Tuesday 25 <sup>th</sup> February @ 10.30am Waterford Greenway Bilberry Waterford City Meeting at the Waterford Greenway Bilberry car park.		
	Tuesday 3 <sup>rd</sup> March @ 10.30am Waterford Greenway Kilmacthomas Meeting at the Workhouse car park.		
BOCCIA			
	Wednesday 15 <sup>th</sup> January   11am – 12.30pm WIT Arena, Carriganore, Waterford.	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.	<b>€2pp</b> Booking Essential Please contact Pauline (Details Below) Or Text Organisation Name & Numbers Participating to 086 783 7385
	Wednesday 12 <sup>th</sup> February   11am -12.30pm WIT Arena, Carriganore, Waterford.		
	Wednesday 11 <sup>th</sup> March   11am – 12.30pm WIT Arena, Carriganore, Waterford.		
	Wednesday 15 <sup>th</sup> April   11am – 12.30pm WIT Arena, Carriganore, Waterford.		
	Wednesday 27 <sup>th</sup> May   11am – 12.30pm WIT Arena, Carriganore, Waterford.		
KICK TO RECOVERY - SOCCER			
	Wednesday 26 <sup>th</sup> February to 1 <sup>st</sup> April (6 week block)  11am – 12pm Kingfisher Club Waterford	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.	<b>€3pp</b> Booking Essential Please contact Pauline (Details Below) Or Text Organisation Name & Numbers Participating to 086 783 7385
SOCIAL SOCCER			
	Thursday 30 <sup>th</sup> January   1-2pm Dungarvan Sports Centre	PAN Disability. Social soccer offers something for all participants. Two groups will be formed based on the <b>participants' ability</b> . 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.	<b>€3pp</b> Booking Essential Please contact Pauline  Or Text Organisation Name & Numbers Participating to 086 783 7385
	Thursday 27 <sup>th</sup> February   1-2pm Dungarvan Sports Centre		
	Thursday 26 <sup>th</sup> March   1-2pm Dungarvan Sports Centre		
	Thursday 30 <sup>th</sup> April   1-2pm Dungarvan Sports Centre		
	Thursday 28 <sup>th</sup> May   1-2pm Dungarvan Sports Centre		



# DISABILITY CALENDAR 2020

Programme	Date /Time /Location	Description	Cost/Booking
TAG RUGBY			
	Wednesday 5 <sup>th</sup> February   2.30-3.30 Dungarvan Sports Centre	Mild to Moderate Intellectual Disability We are working in partnership with Munster Rugby to roll out Monthly tag Rugby Sessions for adults with a mild intellectual disability. Tag rugby is a non-contact team game in which each player wears a belt that has two velcro tags attached to it, or shorts with velcro patches.	<b>€3pp</b> Booking Essential Please contact Pauline (Details Below)  Or Text Organisation Name & Numbers Participating to 086 783 7385
	Wednesday 4 <sup>th</sup> March   2.30 – 3.30pm Dungarvan Sports Centre		
	Wednesday 1 <sup>st</sup> April   2.30 – 3.30pm Dungarvan Sports Centre		
	Wednesday 6 <sup>th</sup> May   2.30 – 3.30pm Dungarvan Sports Centre		
READY STEADY PEDAL – CYCLING PROGRAMME			
	Thursday 5 <sup>th</sup> March to 26 <sup>th</sup> March (4 week block)  11am – 12pm Regional Sports Centre	Adults Mild to Moderate Intellectual Disability This Cycling programme will be car park based with Bikes & Helmets provided for participants. The programme is aimed at adults who may have previously cycled as children or for those who wish to learn a new skill. This programme aims to increase cycle confidence and learn the basics of cycling such as balancing, cornering, breaking and ready position.	<b>€20pp</b> Booking Essential – Limited Availability  Please contact Pauline (Details Below)
YOGA FOR CHILDREN WITH AUTISM			
	Wednesday January 15 <sup>th</sup> - February 19 <sup>th</sup> (6 week Block)  5:30-6:30pm Dungarvan Sports Centre (Upstairs Room)	Children aged 7-16 with Moderate to High Functioning Autism. This programme aims to establish healthy habits at an early age. Yoga can enhance a child's strength, coordination and flexibility, while encouraging body awareness and self-esteem. It can also reduce a child's anxiety and stress and promote a sense of calmness	<b>€40pp</b> Booking Essential – Limited Availability BOOK NOW on www.eventbrite.ie  Please contact Rachel on 0761 10 2199
FISH FOR A DAY			
	Tuesday 7 <sup>th</sup> April Tuesday 14 <sup>th</sup> April Tuesday 21 <sup>st</sup> April Tuesday 28 <sup>th</sup> April  11am - 2pm  Ballyshunnock, Portlao or Oaklands New Ross	Adults with a Mild to Moderate Disability Fish for a day is being run in partnership with Inland Fisheries Ireland and Waterford Angling & Course Fishing Club and is being funded through Dormant Accounts.  This is a one day tutor led come & try it fishing event and each organisation can register for one day only.  Following the one day come and try it event WSP & Inland Fisheries will liaise directly with each organisation to facilitate further sessions if they would like to continue.	<b>€10pp</b> Max 10 people per organisation.  Includes the following:; 1. Transport 2. Fishing Permit 3. Training of Staff (on the day)  Participants are asked to bring their own lunch.  Booking Essential – Limited Availability Please contact Pauline (Details Below)



## DUNGARVAN Multi-Sport Programme

We hosted our first Multi Sport Programme for children aged 8-16 years old with mild to moderate disabilities in Dungarvan Sports Centre in Autumn 2019.

Well done to the 10 children and their families for coming along and taking part in all the activities. The four week programme ran from 6-7pm each Tuesday. Over the course of the four weeks the group got to take part in fun games and activities including: sports hall athletics, soccer and many more! Thank you to the group of excellent volunteers who assisted over the four weeks, also to Gary Power from the FAI and Pat Power, Sports Hall Athletics for delivering the great sessions!

For more information on the programme please contact Rachel on 0761 10 2199 or email [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie)



### Deise Dragons

Multi Sport Club for Children with a Physical Disability  
Paul Curran | [delsedragons@gmail.com](mailto:delsedragons@gmail.com)



Down Syndrome Waterford Branch  
[info@dsiwaterford.ie](mailto:info@dsiwaterford.ie)

### Dyspraxia Ireland

DCDynamo Multi Activity Club Waterford  
[dyspraxiadcdwaterford@gmail.com](mailto:dyspraxiadcdwaterford@gmail.com)



### Halliwick Swim Club (PAN Disability)

Sarah Flynn | 083 1376847 | [vikinghalliwicksc@gmail.com](mailto:vikinghalliwicksc@gmail.com)

### Waterford Autism Social and Sport Action (WASSA)

Bernie Murphy | 086 663 7055 | [contact@wassa.ie](mailto:contact@wassa.ie)



### Little Conquerors Autism Group

West Waterford Autism Parents Support Group  
Kevin Murphy | 086 823 1653 | [canalmore@gmail.com](mailto:canalmore@gmail.com)

### Whitestransd Foroige Club

for young children (10-17 years) with High Functioning Autism  
Contact Kara on 087 610 4430



### Bohemians FC - Football for All Club

for young people aged 16 and over  
Jason Ryan 086 028 818 or [info@waterfordbohs.com](mailto:info@waterfordbohs.com)

### Park Rangers AFC - Football for All Club

for young people aged 6 to 16  
Call Janet on 086 330 1990 or email Susan: [susanelliott72@gmail.com](mailto:susanelliott72@gmail.com)



## Beach Wheelchair Available

For more information contact  
Pauline on 076 110 2682 or email  
[pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)



## HANDCYCLES AVAILABLE ON LOAN

For more information contact Pauline on 076 110 2682  
or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)



## Halloween Camp

We ran a very successful two-Day Halloween Camp at the Sports Hub in conjunction with NSCYP over the mid-term. The children got to try their hand at badminton, basketball & soccer. Seventeen children attended the camp and they all thoroughly enjoyed both days.



## FAMILY YOGA

Our new Family Yoga programme has been a great success at Carrickphierish Community Campus. We ran a taster session back in June which was very popular. Since then we have run two blocks of the programme. Parents and children have thoroughly enjoyed the sessions, feeling relaxed after each one.



Thanks to Carrickphierish Library for access to the Community Room. A new block of Family Yoga will be starting on Thursday 16th of January @ 6pm in the Community Room. If you would like to join this class please contact Lauren on 0761 10 2619 or [lwalskett@waterfordsportspartnership.ie](mailto:lwalskett@waterfordsportspartnership.ie)

## Traveller Women on the Move Programme

We have just finished up our pilot programme 'Traveller Women on the Move' Programme. The programme ran for a four week block with WSP tutor Sara Hearne putting the women through their paces each week.

A total of eight women attended this programme who are all living in the nearby halting site. The purpose of this programme is to try and engage with every part of the community in Carrickphierish and provide opportunities to use the Sports Hub. Thanks to Carrickphierish Library for the use of the Community Room.



## Mobility & Falls Prevention Class

Waterford Sports Partnership in conjunction with Siel Bleu ran a Mobility & Falls Prevention Class in the Community Room at Carrickphierish Sports Hub in November.

The programme ran every Monday from 10 – 11am for six weeks and nineteen older adults attended the class. The participants really enjoyed the activities and exercises that Darren from Siel Bleu did with them. We hope to run another block in the Sports Hub in early 2020.

For more information please contact Lauren on 0761 10 2619 or [lwalskett@waterfordsportspartnership.ie](mailto:lwalskett@waterfordsportspartnership.ie)

# CARRICKPHIERISH COMMUNITY SPORTS HUB UPDATE



## NEW! Creative Mindfulness for Children aged 5 to 12

Creative Mindfulness classes are about introducing mindfulness to children in a fun and creative way. During these classes children will learn how to relax their minds, to focus and pay attention, to understand and express their thoughts and feelings, cultivate kindness for themselves and others through creativity, art, crafts, stories, meditation, guided visualization and through discussion within a group.

Classes will run on **MONDAYS Starting 13th January | 5 to 6pm. €5 PER SESSION**

**BOOKING ESSENTIAL** | Book your place today!

FOR BOOKINGS or MORE INFORMATION Please contact Jackie Myler 085 837 3564

## FAMILY YOGA

Our new Family Yoga programme has been a great success at Carrickphierish Community Campus. We ran a taster session back in June which was very popular. Since then we have run two blocks of the programme. Parents and children have thoroughly enjoyed the sessions, feeling relaxed after each one. Thanks to Carrickphierish Library for access to the Community Room. A new block of Family Yoga will be starting on Thursday 16th of January @ 6pm in the Community Room. If you would like to join this class please contact Lauren on 0761 10 2619 or [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie)



## BADMINTON

Badminton for children and adults started in the hub in November 2019. The sessions are going very well with twelve children attending each week.



Badminton runs every Thursday @ 5-6pm for children and every Wednesday @ 8-9pm for adults. If you would like to try a new sport and join this class please contact Azhar Syed on 089-4553890 for more information.



## OLYMPIC HANDBALL

Olympic Handball started in the hub in September 2019.

Eighteen children attend the session each week.

**The cost is €2.50 per child and the age group is 5-10 year olds.**

The class runs every Tuesday from 5-6pm.

For more information please call Lauren on 0761 10 2619

## Women on the Move

Women on the Move Carrickphierish is going from strength to strength with over thirty women participating in the programme. WSP tutor Anna Hawrylak ensures the sessions are beneficial and fun for everyone! The next block commences on Wednesday 15<sup>th</sup> January 2020 @ 7pm

for six weeks in the Sports Hub. The cost of the programme is €20 per person or €5 pay as you go. You can book now on [www.eventbrite.ie](http://www.eventbrite.ie). For more information please call Lauren on 0761 10 2619 or email [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie)

## COMMUNITY PROGRAMMES



Breakfast Club will be back up and running again on Tuesday 14<sup>th</sup> January 2020.

**Breakfast- Activity Club:** The Breakfast Club for primary school children takes place on Tuesday mornings at Carrickphierish Community Campus. The children participate in thirty minutes of physical activity in the Sports Hub developing their fundamental movement skills through games and skills followed by a healthy breakfast in the library. They then have the opportunity to avail of the library services before school starts. The



**Drop-in Soccer:** In partnership with the Northern Suburbs Youth Project (NSYP) and FAI, Drop-in soccer has been ongoing weekly on a Monday night for boys and girls aged 15+. Drop-in soccer is a great way for children and teenagers to get involved in a community sport as well as getting active and making friends from the local area.

The cost is €1 per session, new members are most welcome. Soccer will be back up and running again on Monday 13<sup>th</sup> January 2020.

## NEW! ST. PAUL'S

### INDOOR SOCCER for boys & girls aged 5 to 9

Starting Monday 13<sup>th</sup> January  
4 to 5pm

**BOOKING ESSENTIAL**

Book your place today!

€2 PER SESSION

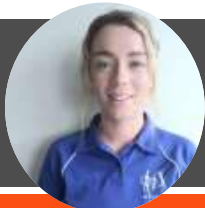


## HUB WHAT'S ON - JANUARY 2020

TIME	ACTIVITY	COST/ AGE GROUP	CONTACT FOR BOOKINGS & INFO
MONDAY			
4 - 5pm	St. Paul's Soccer	For boys & girls ages 5 to 9 €2 per person	Paul Hennigan 086 363 4628
5 - 6pm	Creative Mindfulness Starting Monday 13 <sup>th</sup> January	For boys & girls aged 4 to 12 €5 per person	Jackie Myler 085 837 3564
6 - 7pm	Mount Sion Camogie	Girls U8	Peter Walsh 087-1355359
7 - 8pm	St. Paul's Soccer	For boys aged 9+ €2 per person	Paul Hennigan 086 363 4628
8 – 9pm	Drop- in Soccer FAI & NSCYP Starting Monday 13 <sup>th</sup> January	€1pp	Rachel Walsh 086 6093130 northsuburbscyp@wstcys.ie
TUESDAY			
8 - 8.50 am	Breakfast Activity Club Starting Tuesday 14 <sup>th</sup> January	€2 per Child *BOOKING ESSENTIAL *	Eoin Breathnach 087 9219345 Lauren Walsh-Kett 0761 10 2619
5 - 6pm	Olympic Handball Youth Starting Tuesday 7 <sup>th</sup> January	€2.50pp	For more info please email trishhearne@gmail.com
7 - 8pm	Waterford Vikings Basketball Club	Girls U13 & U15	Contact Ruth Sheehan on 086 1246668
8 - 9pm		Boys U14	
9 to 10pm		Boys U16	
WEDNESDAY			
6 - 7pm	Roanmore GAA		Eric Furlong 086-3395920
7- 8pm	Women on the Move SIX WEEK BLOCK Starting Wednesday 15 <sup>th</sup> January	€5 per class €20 for six week block	BOOKING ESSENTIAL Book now on www.eventbrite.ie or call Lauren Walsh-Kett on 0761 10 2619
8 - 9pm	Badminton  Adults Starting Wednesday 15 <sup>th</sup> January	€5pp	Azhar Syed 089 455 3890
THURSDAY			
2.40 to 3.40pm	After School Multi- Activity Starting Thursday 16 <sup>th</sup> January	€1 per child	Lauren Walsh-Kett 076 110 2619
5 - 6pm	Badminton   Youth Starting Thursday 16 <sup>th</sup> January	€5pp	Azhar Syed 089 455 3890
6 - 7pm	Family Yoga (in the Community Room) Starting Thursday 16 <sup>th</sup> January	Adults €5 Children €2 per session	BOOKING ESSENTIAL Contact Lauren Walsh-Kett on 0761 10 2619
7 - 8pm	Waterford Vikings Basketball Club	Boys U12	Ruth Sheehan 086 1246668
8 - 9pm		Boys U18	
9 to 10pm		Boys U16	
FRIDAY			
6.30- 8.30 pm	Déise Dragons Sports Club	Contact for more information	Mary Condon on 085 1034072
SATURDAY			
9.30- 10.30am	Céilí Dancing	Contact for more information	Mary Scanlon 086 8514922
10.30- 12pm	Irish Dancing		
12 - 1pm	Waterford Vikings Basketball Club	Boys U18	Ruth Sheehan 086 1246668
1 - 2pm		Academy Boys & Girls Age 7—10	
2 - 3pm		Boys U12	
3 - 4pm		Girls U13 & U15	
4 - 6pm		Boys U14	

*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.



For further information or if you have any questions in relation to the Sports Hub please contact: Lauren Walsh-Kett, Hub Development Officer on 0761 10 2619 or email [lwashkett@waterfordsportspartnership.ie](mailto:lwashkett@waterfordsportspartnership.ie)

## Sport Leader UK Award

Twenty TY students from Newtown School in Waterford City completed their Level 1 Qualification in Sports Leadership (SL1). The SL1 award is a Sport Leader UK qualification (recognised by Sport Ireland) delivered through Local Sports Partnerships. The award enables leaders to assist and lead, deliver and evaluate physical activity sessions to young people. The award is divided into two units: Unit 1-Establishing leadership skills, Unit 2-Plan, assist in leading and evaluate sports/physical activity sessions. Each week, the students grew in confidence in their planning and delivery of the activities. Great to see such improvements over the 5 weeks. Special thanks to Karen Keogh, Newtown School TY Coordinator for her support throughout the course. Well done guys!!



## Two Touch Rugby Programme/ Blitz

We concluded our Two Touch Schools Rugby programme with a Blitz in WIT Arena. 140 students from St. Paul's, St. Saviour's, Presentation and Mercy National Schools took part in this participation blitz. Thanks to all those who took part and particular thanks to Munster Rugby and Waterford City Rugby Club for running the blitz on the day and to WIT Arena for hosting this fantastic event.



## WIT Play Games Day

Our Youth Sports Development Officer Brian O'Neill pictured above with Orla Rapple, Beat 102-103 presenter and two WIT undergraduates of the BA in Tourism Marketing Programme. We teamed up with WIT to assist with their PLAY games event, an initiative to encourage young people to spend less time on phones and screens. The aim is also to promote fun games and activities so young people spend more time interacting with each other. We offered the StartBox Programme to the students at St. Declan's National School. Well done to the WIT undergraduates for organising a fantastic event.





## Basketball Blitz - Mercy National School

We concluded our four week Basketball Programme in Our Lady of Mercy National School with a mini Blitz in the Mercy Secondary School for the 6<sup>th</sup> & 5<sup>th</sup> classes. Over 150 students took part in the Blitz facilitated by Wildcats Basketball Club. The aim of the programme was to increase physical activity levels amongst the students, through the sport of Basketball. Thanks to Coaches Wayne and Maria from Wildcats Basketball Club for delivering an excellent, fun programme, Ms. McCarthy and Ms. Deegan for organising a fantastic Blitz, Ardiana Shalli ( Basketball Ireland Regional Academy Player) and Sarah Hickey (U-16 Irish Basketball International) for helping out on the day. Hope to see some of these girls at Wildcats Basketball Club training sessions!



## Muay Thai Taster sessions – SUBLA Project

We introduced two Muay Thai taster sessions for students in Youthreach SUBLA Centre. **Facilitated by Shane O'Connell of Waterford Muay Thai**, the programme incorporated a lot of fitness exercises, as well as the basic striking techniques of Muay Thai. This is a fantastic activity for anyone who wishes to improve their fitness levels.



## Migrant Cycle Skills Workshop

Eight young migrants from Mount Sion CBS School Completion Programme took part in a Cycle Skills Workshop. The programme was **facilitated by our Youth Sports Development Officer, Brian O'Neill**, using Bikes purchased through funding from the Department of **Children & Youth Affairs**. **The group were shown correct 'take off' position, how to stop safely, taking corners and hand signalling, changing gears, controlling speed, cycling in pairs and how to overtake safely.** We concluded the workshop with a few laps around the Waterford Nature Park. Well done guys!





## Gym Education Programme

Six members from the LTI group Manor St. John completed a four week Gym Education Programme, facilitated by the Kingfisher Club, Waterford. The boys and girls were shown how to use the machines and equipment correctly. They were also shown correct lifting technique and the exercises required for each body part. The programme concluded with each participant receiving their own individual gym programmes, so that they can continue with their gym visits post- programme. Thanks to the Kingfisher Leisure Club for facilitating this programme and also to Brian and Jamie for delivering this programme.



## Comhairle na nÓg AGM

We assisted the Comhairle na nÓg with the running of the AGM this year. Our YSDO, Brian O'Neill, organised and delivered a number of energizers throughout the day to keep the energy levels high. Comhairle na nÓg are councils for the youth located in 31 locations in the Republic Of Ireland, which gives the youth in Ireland the opportunity to be involved in the process of local services and policies



## Zumba Dance

St. Mary's National School Dungarvan took part in a four week Zumba Dance programme. Zumba Dance is a fun activity that caters for all, regardless of skill, ability and fitness levels. Great to see the girls enjoy such a high energy activity!

For further information on Zumba Dance, contact our Youth Sports Development Officer Brian on 086-0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

## Basketball |

### Abbey Community College

We assisted Abbey Community College Ferrybank with a Basketball training session for their 2<sup>nd</sup> year boys team. Basketball seems to have become very popular with the students in the school. We hope to develop and improve on this after school activity in the New Year. *Watch this space!*

## Basketball Ireland Coaching Clinic

In partnership with Basketball Ireland, under Sport Ireland's Volunteer Support Programme funding through Dormant Accounts, we organised a 2nd Coaching Clinic for Basketball Coaches in Waterford. All coaches who attended will receive CPD points on their license from Basketball Ireland. Facilitated by Basketball Ireland tutor and international coach Martin McGettrick, the theme of the clinic was 'skills development for under age players'. Using players from Wildcats U 12 and U 14 teams, Martin implemented a number of drills that will enhance the individual skills of players. Thanks to Martin for delivering an excellent, informative session, Wildcats Basketball Club for hosting the clinic and for all the coaches that attend the 1½ hour workshop.







## Volunteer Support Training | First Aid Training

We were successful in securing Volunteer Support Funding from Dormant Accounts through Sport Ireland. We recognise the importance volunteers/coaches play within our clubs and communities. Through this funding we ran a subsidised First Aid Course for Rugby Clubs working with young people on Saturday 9<sup>th</sup> November in Waterford City Rugby Club. All the coaches found the training very beneficial.

**For further information on the Volunteer Support Programme please contact Brian O'Neill** on 0761 10 2583/086-0201219 or email [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)



## Discounted Pitch & Putt

Foroige Youth Club Ferrybank have been making use of our subsidised Pitch & Putt scheme at Waterford Regional Sports Centre (RSC). This scheme allows youth groups to hire Pitch & Putt clubs, free of charge and to play Pitch & Putt at a rate discounted by 50%.



## Discounted Bike Hire

A number of youth projects have availed of our discounted Bike Hire service. Pictured is the Farronshoneen Community Youth Project who hired the bikes to cycle the Greenway.

For further information on our Discounted Bike Hire, **please contact Brian O'Neill on 0761 10 2583/086-0201219** or email [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)



## Communities Integration Fund



We recently received funding from the Communities Integration Fund, under the Sport & Community Games section. This fund is to support the integration of migrants, by improving their mental and physical well-being, by encouraging them to get involved in Sport. WSP can assist towards the financial cost of club membership or sports camp for any person under twenty one years of age should any migrants wish to join your club. For further information on the Communities Integration Fund, please contact:

**Brian O'Neill on 0761 10 2583/ 086 0201219 or email** [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)



## 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 please contact: Brian O'Neill on 0761 10 2583/086 0201219** or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

## 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 00761 10 2583/086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**



## PROGRAMMES COMING SOON!

Urban Archery | StartBox (Boxing Fitness for Primary Schools) Zumba Dance  
Yoga for Primary Schools | Urban Orienteering  
Mountain Biking | Learn to Swim

# 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/Munster Cricket	Jim Doran Joseph Moynihan	086 8169667 085 873 6370	jim.doran@cricketireland.ie manager@munstercricket.ie	www.cricketireland.ie www.munstercricket.ie
Cycling Ireland	Rachel Ormrod	086 7802937	rachel@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.gda.waterford@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	Corrairie Power O'Mahony	051 381403	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 Gearóid Balfry	087 2520550 083 3534875	secretary@munsterladiesgaelic.ie gdo.munster@lgfa.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	Eleanor Condon	087 689 8812	eleanor@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



REMEMBER TO CHECK OUT OUR WEBSITE  
@ [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)



## WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford | 0761 10 2194  
Regional Sports Centre, Cork Road, Waterford | 0761 10 2619  
[info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie) | [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

