



# 'Everyone Active'

ISSUE 48 SEPTEMBER 2020

the newsletter of Waterford Sports Partnership

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**Waterford SportsAbility**  
**PODCAST SERIES**  
**SIX INSPIRING EPISODES**

**WATERFORD SPORTSABILITY**

**We were delighted to launch the Waterford SportAbility Podcast Series this September - a series of interviews with some very inspirational speakers which will be aired this Autumn.**

Due to COVID-19 restrictions, the planned 'Waterford SportsAbility Weekend' had to be postponed for 2020. After many brain storming sessions the Waterford SportsAbility Forum felt that there was a need for action and decided to develop a new Podcast Series.

During the series, Karen Power (Author of the Butterfly Barn Series) and Pauline Casey (Sports Inclusion Disability Officer – WSP) sit down with a selection of speakers to chat about all things related to Disability Sport and Physical Activity. We meet some local and international athletes, paralympians and parents to hear the role that sport and physical activity plays/played in their lives, the opportunities they got from sport and the challenges they have faced or continue to face.

This podcast series is not to be missed and includes six episodes in total. Episode 1 , featuring, WSP Sports Inclusion Disability Officer, Pauline Casey, was released on Friday 11<sup>th</sup> September. In Episode 2, released on September 25th, Karen speaks with Mary Fitzsimons, parent of Hayley Fitzsimons. Further episodes will be released over the coming weeks. The series can be found on social media platforms by searching @WaterfordSportsAbility and links to the episodes are available on our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) as they are released.

Waterford Sports Partnership and the Waterford SportsAbility Forum would like to take this opportunity to thank Healthy Ireland for funding the podcast series. We would also like to acknowledge all the speakers who are taking part in the series, for being so open and honest and for letting us delve into their personal lives and feelings. A special thank you to Karen Power who was part of the interview panel for this series. Last but not least we would like to thank Jamie Knox (WSP Tutor) who helped us to pull the series together behind the scenes.

**We hope you will tune in and enjoy listening to the series!**

Check out the full schedule on Page 18 of this publication

If you require more information on the Podcast Series or any of the topics that are discussed please contact Pauline Casey, Sports Inclusion Disability Officer, Waterford Sports Partnership on 086 7837385 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie).



## Sign-up to the Clubs Charter

20x20 is excited to offer clubs the opportunity to champion the 20x20 movement in your community. We know that sports clubs are the heartbeat of many of our communities making sport happen in villages, towns and cities across the island of Ireland every day. Your club can have a real and lasting impact on women and girls in your community becoming more active and more involved in sport in any capacity. *For more details See Page 13.*

TO FIND OUT MORE VISIT [www.20x20.ie](http://www.20x20.ie)  
#20x20 #CantSeeCantBe #ShowYourStripes



**SPORT IRELAND**  
LOCAL SPORTS PARTNERSHIPS

## MEET THE WSP TEAM

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

**Rosarie Kealy**  
**Sports Co-ordinator**  
Phone: 0761 10 2190 | Mobile: 087 757 6579  
rkealy@waterfordsportspartnership.ie



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**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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**Louise Barry**  
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**Rachel Sinnott,**  
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**Sinead Brannigan**  
**Community Sports Development Officer**  
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Mobile: 087 459 6179  
sbrannigan@waterfordsportspartnership.ie



**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
Brian O'Neill	Youth at Risk   Young People   Sport Leader	Waterford
Louise Barry	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

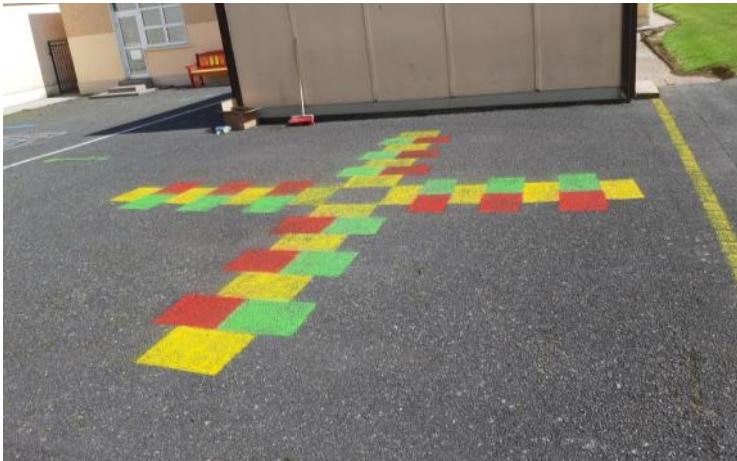
### Playground Markings

We had a very successful response to the offering of Playground Markings for schools and community settings across Waterford City and County. Our programme was adapted to the current climate where a WSP Tutor has taken on the role of Playground Markings Facilitator and has taken responsibility for the transport, planning, implementation and cleaning protocol for the stencils.



**The outline of the Playground Markings programme is as follows:**

- WSP will provide a facilitator with a background in Athletics coaching and Sports Hall Athletics to roll out the Playground Markings in the school.
- The facilitator will visit the school on two separate occasions; a consultation to select the markings and map the area, followed by installation of the Playground Markings in the area chosen by the school
- All materials and supplies will be sourced by WSP and provided to the school with the stencils. A specification of the spray paint used will be provided for school records also.
- The facilitator and WSP staff member will lay down the markings in consultation with the school. A demonstration of games and activities with a focus on Functional Movement Skills will be provided to the staff of the school (organised at consultation stage). WSP will provide an activity resource booklet to support the school and use of the markings
- The facilitator will ensure cleaning and sanitisation of the stencils takes place before and after each installation and provide transport of the stencils to and from the school.



**To date Playground Markings have been installed in the following ten schools across the city and county:**

- Scoil Lorcain Boy's National School
- Fenor National School
- St. Michael's Ballyduff Upper National School
- Knockanore National School
- Fews National School
- Scoil Baile Nua National School
- Lismore Mochuda National School
- St. Ursulines National School
- Scoil Mhuire, Abbeyside
- St. Josephs, Dungarvan

Well done to all those schools that have reached out and availed of the offer.

**We encourage schools to contact us and plan your playground markings and games with Waterford Sports Partnership. To organise a consultation and plan your Playground Markings, please call Louise Barry on 086 4650063 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)**



# PRE SCHOOL/PRIMARY SCHOOL PROGRAMME UPDATE

## OPPORTUNITIES FOR PRIMARY SCHOOLS IN 2020

Waterford Sports Partnership (WSP) 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 website including schools updates, useful links and resources and guidance for becoming more active. To help schools achieve this, we are offering the following opportunities:

### Balance Bike Online Training

We have developed an online resource providing eight progressive videos to help teach children how to cycle a balance bike. These short interactive videos will help you to develop a child's fundamental movement skills as well as improving their cycling ability.

All you need is a well maintained balance bike & helmet!

To participate, please register through [www.waterfordsportspartnership.ie/schools/](http://www.waterfordsportspartnership.ie/schools/)



**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).

(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 information visit: [www.triathlonireland.ie](http://www.triathlonireland.ie).**

### Fit 4 Class

Fit4Class is Athletics Ireland's 10 week teacher led programme that introduces junior infants to fourth class to athletics in a fun, engaging and non-competitive environment. It focuses on the use of games to develop fitness whilst enhancing agility, balance and co-ordination.

To register your school and get involved, contact [gerardodonnell@athleticsireland.ie](mailto:gerardodonnell@athleticsireland.ie)



### Active Homework Challenge

The aim of this initiative is to increase the physical activity levels of school going children , thus helping each child reach the national recommendation of 60mins daily. Within each school pack you will find:

- *Active Homework Challenge Diary* – one diary for each pupil (and extra for teachers who would like to lead by example and take on the challenge themselves!)
- Leaflets on other programmes Waterford Sports Partnership run which may be of interest to your school.
- *Weekly skills challenge* – which can be completed as a class together within school time, or individually at home as part of the pupils 'active homework'



To participate in the Active Homework Challenge, contact Louise Barry on 086 4650063/  
[lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)



### The Daily Mile

WSP 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 Louise Barry on 086 465 0063  
or [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)

**TEACHER TRAINING OPPORTUNITIES**

Check out these opportunities - now booking!

**Athletics Leader Training**

Athletics Leader focuses on introducing the fundamentals of athletic movement to children. The aim of the Athletics Leader course is to provide teachers, parents and club members with the skills and tools to manage and lead an Athletics Programme in their club or school. The content focuses on organising athletics games and activities for young children. It is aimed at those who want to coach or assist in their local club or school. This one day (8 hour) course focuses primarily on developing athleticism through games designed to improve agility, balance and co-ordination and is very practical in nature.

**Orienteering Teacher Training**

'Ready to Go Orienteering' is an Irish Orienteering Association initiative, aimed at introducing and promoting the sport of orienteering in schools. This one day training course is designed to equip teachers with the knowledge, confidence and resources to successfully implement the programme in your school. After this training day your school will be Ready to Go...Orienteering! Your school will be provided with a resource folder, equipment pack and a map of the school grounds.

For more information on Orienteering Contact Rachel on 087 739 6050 or email [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie)

**Table Tennis Ireland Teacher's Award**

This course is aimed at schools and community hubs. It offers ideas for coaching activities of table tennis within a school or youth group environment. This course is for candidates 16 yrs and over and is delivered over 3.5hrs by Table Tennis Ireland coaches.

**Skipping Workshop**

The aim is to introduce children and teachers to the world of skipping. Skipping is a terrific form of exercise that helps a child's agility, balance, hand-eye co-ordination and can increase speed through footwork. It teaches children about rhythm and when put into team routines, it provides them with team work skills and encourages them to have confidence in their sporting ability. It is a great way to exercise, maintain good health while having lots of fun.

To express your interest in the opportunities listed above, please complete the Expression of Interest on  
[www.waterfordsportspartnership.ie/schools](http://www.waterfordsportspartnership.ie/schools)

For more information, please contact Louise Barry on 086 4650063/ [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)

**USEFUL ONLINE RESOURCES**

ACTIVITY	WEBSITE
Balance Bike Training	<a href="https://www.waterfordsportspartnership.ie/schools/">https://www.waterfordsportspartnership.ie/schools/</a>
Little Athletics Resources	<a href="https://www.waterfordsportspartnership.ie/schools/">https://www.waterfordsportspartnership.ie/schools/</a>
Non-contact PE	<a href="https://www.scoilnet.ie/pdst/120noncontactpe/">https://www.scoilnet.ie/pdst/120noncontactpe/</a>
Physical Activity Resources	<a href="https://activeschoolflag.ie/">https://activeschoolflag.ie/</a>
Physical Activity Resources	<a href="https://www.getirelandactive.ie/">https://www.getirelandactive.ie/</a>
Playground Games	<a href="https://www.safefood.net/start/active-play-and-games-ideas">https://www.safefood.net/start/active-play-and-games-ideas</a>
School Games	<a href="https://www.youthsporttrust.org/school-games">https://www.youthsporttrust.org/school-games</a>
Tug of War	<a href="https://schoolstugofwar.wordpress.com/teacher-coach-resources/">https://schoolstugofwar.wordpress.com/teacher-coach-resources/</a>

For more information on Pre-School/Primary Schools Programmes please contact Louise Barry on 086 465 0063 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie).

### Return to Sport for Older People

As a result of COVID-19, there are significant barriers to the resumption of physical activity for older people. This is linked to increased anxiety, nervousness, loss of confidence, feelings of exclusion, weakening of physical activity related social contact and physical deconditioning. We all want to see older people come back to sport and physical activity and we hope the following guidance will help inform, encourage, build confidence and in particular reassure older people as they return to a more active lifestyle, in accordance with the public health guidelines and the recommendations of their own sporting body or organisation.

- Consider DATE (distance, activity, time, environment)
- Limit the number of participants
- Limit the duration of the activity
- Consider the contact (proximity, direct touch, equipment sharing) and minimise where possible
- Train outdoors
- Consider the use of PPE assisting the individuals who may need extra support or care when transferring to or from their wheelchair, changing clothing, using equipment etc.
- Connect with older people to outline the changes that have been implemented. This may help alleviate any feelings of worry or anxiety that participants may be feeling on their return to sport.

This guidance was prepared with the support of Age & Opportunity, who conducted extensive consultation within their sector.

**Age & Opportunity** and **Sport Ireland** have produced sector specific information on the return to sport and physical activity visit their websites for more information.

[www.ageandopportunity.ie/guidelines-on-the-return-to-recreational-sport-and-physical-activity-for-older-adults/](http://www.ageandopportunity.ie/guidelines-on-the-return-to-recreational-sport-and-physical-activity-for-older-adults/)  
[sportireland.ie/covid19/return-to-sport-and-physical-activity](http://sportireland.ie/covid19/return-to-sport-and-physical-activity)

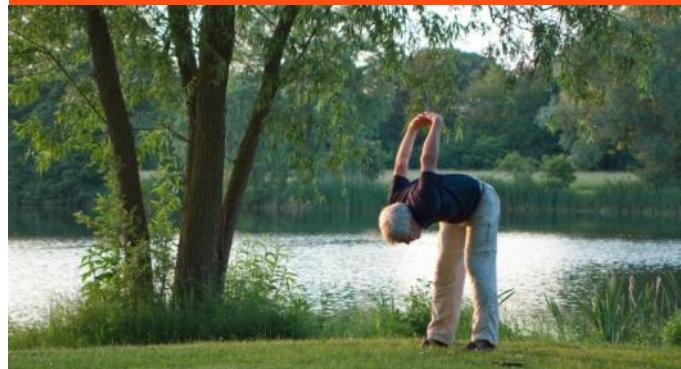


### Age & Opportunity

### Age & Opportunity National Grant Scheme 2020

The Age & Opportunity Active National Grant Scheme is now accepting applications until Friday 2<sup>nd</sup> October! The grant scheme offers financial supports to local clubs, groups and organisations, nationwide who promote increased participation in recreational sport or physical activity for older people.

If your club, group, or organisation requires some support to prepare an application please contact Sinéad for assistance on 087-4596179.



### EXERCISE DVDS

Do you know someone who is continuing to cocoon, or limiting their activities Outdoors? We have a small supply of Age & Opportunity exercise DVDs. These are ideal for individuals who may not have access to the internet or social media but would like to stay active.

If you would like to receive a FREE copy by post, please contact Sinéad Brannigan on 087 469 6179 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)



### Over 50's Circuits

Due to the current COVID-19 guidelines we have no return date for our Over 50s circuits classes. Given the popularity of the circuits we will endeavour to have these fun and lively circuits back up and running as soon as it is safe to do so.

Please keep an eye on our website for further updates.

### USEFUL ONLINE RESOURCES

#### Over 50's Online Exercise Sessions

##### 'Movement Minutes'

Live classes on Facebook, search 'Age & Opportunity'

##### 'Siel Bleu at Home'

Live classes on Facebook & You Tube search 'Siel Bleu Ireland'

## POSITIVE AGEING WEEK 2020 | SEPTEMBER 28<sup>th</sup> to OCTOBER 2<sup>nd</sup>

Did you know 1<sup>st</sup> October is the International Day of the Older Person?

### Walk West Waterford this Positive Ageing Week

We are hosting a series of FREE walks for over 50's in West Waterford during Positive Ageing Week 2020.

The aim of the series is to give people the opportunity to create links with others in their locality and experience these wonderful Waterford Walks.

So, lace up your walking shoes and come along to a walk near you.

Don't miss this chance to meet new people in your area and discover local walking opportunities



Tuesday 29<sup>th</sup> September @ 10.30am

Cappoquin GAA Club

'Explore the new Community Walkway'

Meeting at Cappoquin GAA Club



Wednesday 30<sup>th</sup> September @ 10.30am

Ballysaggart Towers

'Explore this stunning heritage site'

Meeting at the Car Park at the Towers



Thursday 1<sup>st</sup> October @ 10.30am

Villierstown Village

'Enjoy the charm of this picturesque village'

Meeting at Villierstown Community Centre (Old Church)



Friday 2<sup>nd</sup> October @ 10.30am

Glenshelane Woods Walk

'A feast for the senses'

Meeting at the car park at the woods

ALL WALKS ARE FREE | LIMITED PLACES | PRE-BOOK NOW on [www.eventbrite.ie](http://www.eventbrite.ie)

### Over 50's Positive Ageing Week Cycle Challenge

Where will your wheels take you? We are encouraging you to cycle, within your limitations around your local area on as many days as you can from Monday 28th September to Friday 2nd October inclusive.



#### BE IN WITH A CHANCE TO WIN A SPORTS SHOP VOUCHER!

Take a screenshot picture of the distance completed at the end of the week and a photo of you out cycling (You can use apps such as Map my Ride or Strava to track your distance).

Email your pictures to [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie) by 6pm on Sunday 4th October.

For more information please contact: Sinéad Brannigan on 087 459 6179 or [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)

**POSITIVE AGEING WEEK 2020 | SEPTEMBER 28<sup>th</sup> to OCTOBER 2<sup>nd</sup>**

### OVER 50's

#### MEET YOUR SPORTS DEVELOPMENT OFFICER

Sinead Brannigan our Sports Development Officer for Over 50's invites representatives from Waterford over 50's groups and organisations to join her VIA ZOOM  
on **Monday 28th September @ 3pm**

*Grab a cuppa, log in and find out about physical activity opportunities in Waterford!*

**REGISTER NOW TO TAKE PART ON WWW.EVENTBRITE.IE**

For more information please contact:

Sinéad Brannigan on 087 459 6179 or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)



### Over 50's | 21 Day Walking Challenge

#### Where will your feet take you?

We are encouraging you to walk, within your limitations, around your local area on as many days as you can from Sunday 27th September to Saturday 17th October inclusive.

**REGISTER NOW TO TAKE PART BY EMAILING**

[waterfordopc2019@gmail.com](mailto:waterfordopc2019@gmail.com)

Once you've registered, Waterford Older People's Council will send you a link for the 21 Day Walking Challenge!

**CLOSING DATE FOR REGISTERING IS WEDNESDAY 23RD SEPTEMBER**

For more information please contact: Sinéad Brannigan on 087 459 6179 or [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)



You can use the Strava app to track your distance.  
*Don't worry, If you don't have the app, you can still join the challenge!*

### Wander Waterford

We invited Over 50's to come Wander Waterford this Autumn and rediscover Waterford's history, nature and trails, whilst also achieving their daily physical activity target of 30 minutes and maybe a little more! Due to COVID-19 restrictions places were limited and the series sold out very quickly.

The first walk 'Ramble the Historic City' led with Ray McGrath took place on Thursday 10th September @ 11am. The group of over 50's were treated to a 60 minute walk and a trip down memory lane as they walked through the streets of Waterford. There were lots of nodding heads when there was mentions of 'The Pill' (St. John's River), Waterford mudboat, the Coll (Colosseum cinema) and Brendan Bowyers childhood home. Many thanks to Ray Mc Grath for planning and guiding the group. On Thursday 17th September we explored nature in the City with Paddy Dwane The group of over 50's were treated to a 60 minute walk around the People's Park, Paddy shared lots of information with the group about the Sweet Chestnut Trees (these chestnuts are good to eat!), the invasive Butterfly Bush (all the way from China), and about the birds that like to hang out around the Carlisle Bridge (Moorhen, Kingfisher and many more). On Thursday 24th September we travelled the Quaker Trail using the map developed by the Waterford Cultural Quarter. We are all looking forward to our final walk on October 1st when we will explore stunning Mount Congreve. It's great to get out and about again and discover all that Waterford has to offer!



### Men on the Move ONLINE

Over the past few months, with the impact of COVID 19, WSP continued to adapt how we worked to offer safe and enjoyable opportunities for our target groups to exercise. Starting in April, we delivered an eight week Men on the Move Online Programme for beginners and advanced groups. Sessions were delivered in



four segments by our trusted Men on the Move tutors Lauren Walsh Kett, Rosie Doherty, Sara Hearne and Shauna Walsh and covered: Warm up, Aerobic phase, Core strength / flexibility, Cool down. We were delighted that seventy three men signed up to the online programme including fifty two new men with an age range from 19 to 69 years of age!

All 32 videos are available on the **Waterford Sports Partnership YouTube Channel** for men to access when it suits them, giving them the opportunity of exercising in the comfort of your own home.



### Men's Health Week 2020

International Men's Health Week ran from Monday 15th until Sunday 21st June and is celebrated in many European countries. The theme of 2020 was 'Restoring the Balance: Be Part of the Solution'. Waterford Sports Partnership coordinated four events during the week with two of them specifically available for people within the West Waterford triangle.

**Online Fighting Fit:** We began a six week online Fighting Fit programme on Monday 15<sup>th</sup> Fourteen men signed up to the programme which consisted of a weekly 30 minute video delivered by Irish national coach Killian Walsh from Dungarvan Boxing Club. Sessions include warm up, skipping tuition, progressive boxing techniques, shadow boxing and core strength.

**Men on the Move | Socially Distanced :** We delivered socially distanced Men on the Move sessions in Dungarvan, at Dungarvan RFC, Waterford City at Waterford City RFC and in Cappoquin at the grounds of Cappoquin AFC. WSP tutors Shauna Walsh, Aaron Grant and Sara Hearne delivered three thirty minute sessions to a total of seventeen men in groups of no more than six. The sessions covering warm-up, aerobic exercises, core strength & cool down. A huge congratulations to all the men that took part. We were delighted with the buy-in as we aimed to 'restore the balance' for Irish men. Check out the Men's Health Week videos on the **Waterford Sports Partnership YouTube Channel**

### National Play Day 2020

National Play Day 2020 took place on Saturday 4<sup>th</sup> July with the theme 'Playful Communities, Playful Homes' and proved to be a huge success around the county. With funding support from the Department of Children and Youth Affairs and Waterford City and County Council, a total of 200 packs were purchased and organised to be distributed across Waterford city and county. Well done to all those who booked and received the packs and for getting involved with National Play Day 2020. The aim of the activity packs is to encourage and promote play for children and families while adhering to the Government guideline of staying at home during the COVID- 19 emergency.



A resource on the different types of activities that you could do on the day was developed by Sport Ireland with the support of Community Sports Development Officers. This resource is available on our website.



could tag us on social media, or email their pictures. WSP staff got involved on the day by posting their pictures to encourage people to be physically active.

We received pictures of children, adults and even animals taking part in National Be Active Day. The winners of the sports vouchers were Nigel Pim for his orienteering activity in Dungarvan, Eli Jackman and Danny Hearne for their excellent circuit challenge in the city, and Barry Cunningham, pet lamb Maddie and dog Scott for their phenomenal sprinting in Kilrossanty.

### NOW BOOKING!

#### Men on the Move

##### DUNGARVAN PROGRAMME

6 weeks | Monday nights  
Starting Monday 2nd November  
6.15 to 7.15pm  
@ Dungarvan GAA Club  
€10pp | Book on [www.eventbrite.ie](http://www.eventbrite.ie)

##### WATERFORD CITY PROGRAMME

6 weeks | Tuesday nights  
Starting Tuesday 3rd November  
6.15 to 7.15pm  
@ Waterford Regional Sports Centre  
€10pp | Book on [www.eventbrite.ie](http://www.eventbrite.ie)

National BeActive Day took place on Sunday 28th June. Waterford Sports Partnership was one of the 29 Local Sports Partnerships in the country who came together to celebrate a day of physical activity and sport.

Our role was to challenge the people of Waterford to #beactive on Sunday 28<sup>th</sup> June. We invited people to send in pictures of their activities on the day for a chance to win a sports voucher. They

## ORIENTEERING

### Virtual Orienteering- MapRun-F

With thanks to Waterford Orienteers

MapRun-F has come to Waterford!

### What is MapRun-F?

MapRun-F is Android/iOS orienteering app that provides GPS based punching and timing for courses. These maps are available for use by the public at any day or time!

There are currently seven courses available located in;

- Ballinakill Woods
- Tramore Sand Dunes (advanced orienteers)
- Tramore Inclusion Park
- Dunmore East
- Dungarvan
- Lismore
- Passage East Heritage Course

To read more on the permanent courses and how to use the app visit our website, [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie).



### MapRun -F Ballinakill Woods Course

Well done to the two groups of scouts from St. Paul's Scouts who tried out the new MapRun-F Orienteering Course in Ballinakill Woods. All the participants finished this 4km course with great times.



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



**National Walking Day** took place on Sunday 27th September. People were encouraged to #WalkYourTown, #WalkYourArea and find #HiddenGems.

We worked with Ballyduff AFC and Affane/Cappoquin GAA Club to offer members of the public an opportunity to explore the safe, off-road, flat looped walks on their club grounds. Many thanks to the two clubs for opening up their fantastic facilities. Well done to everyone that took part on the day! We also ran a fun 'Where in Waterford' competition on our Facebook page!

### Permanent Orienteering Courses

There are now five permanent orienteering courses in Waterford which can be used at any time!

*These courses are located in . . .*

Tramore Inclusion Park

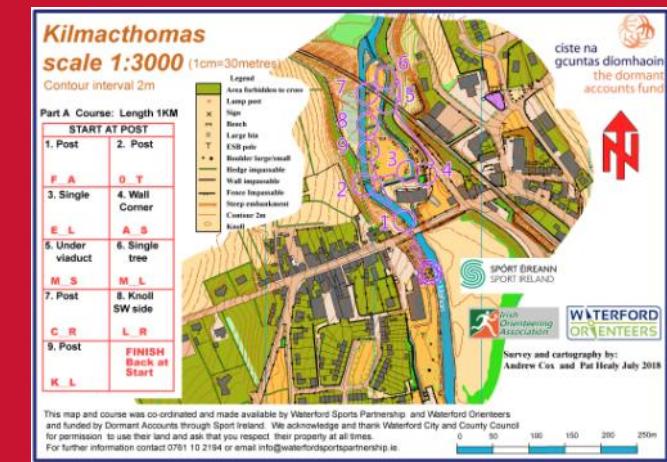
Kilbarry Nature Park

Kilmacthomas River Walk

The Peoples Park

Dunmore East Park

You can download the maps from our website at <https://www.waterfordsportspartnership.ie/orienteering/>



## Active Communities

### Go Walking Kilmacthomas

Seven people took part in our Pilot Community Walking Challenge for rural communities. The participants were asked to try and achieve various challenges over the course of 21 days and monitor their activity using the strava app, or by using a pedometer. The participants really got into the spirit of the programme by sharing their walks, and motivating each other with pictures of their walking scenery. Following the pilot there has been interest from other communities and groups to start their own 21 day community walking challenges, so with a few more tweaks we hope that we will be able to offer the walking challenge to more areas very soon.

For more information please contact Sinéad Brannigan on 087-4596179. or email [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)



#### PARTICIPANT COMMENT

**'Great challenge. Definitely doing a lot more walking since I started, and I'm enjoying it.'**

## Women on the Move | Kilmacthomas & Waterford City

Women on the Move has returned for September 2020! The six week activity programme is currently running in Kilmacthomas and Waterford City. Women on the Move is suited to all age groups and includes activities which cater for all fitness levels. Each session lasts for one hour and will include fun games and workouts which help to improve cardiovascular health, strength, flexibility and mobility. To find out more or for information on future dates, please contact Louise Barry on 086 4650063 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)

### WHAT THE PARTICIPANTS SAID!

*'Just a quick message to yourself Peter and Pauline, thanks so much for the course tonight, it was very interesting and has given me some extra knowledge to take with me into my new coaching hobby. I enjoyed it very much and found you both very easy to talk to and you explained yourselves very well. Thanks again and you never know I might be back to do safeguarding 2 and 3 some day'*

*'Peter, just want to thank you & your team for tonight's Zoom meeting, your presentation was very professional & informative. Definitely not a waste of a Monday night!'*

*'Well done Peter and Pauline, well planned and plenty of interaction to keep us alert and interested!'*

*'Really enjoyed your well run and informative course, thanks again. I thought it was excellent for an online course. The use of breakout rooms, surveys and keeping everybody on their toes by directing the questions meant I stayed tuned in. If it was just a three hour presentation with optional interaction it would have slow, tedious boring. Also I am finding that having cameras on is very important in keeping the participants tuned in. Well done to you all for organising and setting up the course'*

*'The course was very good and I like the way you split us into different groups throughout the two hours. Nice to hear ideas from others so there was good communication'.*

*'Many thanks I really enjoyed the course when it worked for me! I think you both did fantastic, kept it very relaxed for us.'*

### ONLINE Safeguarding 1 Training



As a direct response to the COVID pandemic, Sport Ireland wrote and piloted a new online Safeguarding Course. WSP Sports Development Officer, Peter Jones was one of eight people involved in a national steering group to oversee this initial delivery and we are delighted that four of our Development Officers are now trained to deliver this online course to the clubs of Waterford.

Monday 24<sup>th</sup> August saw us deliver our first Zoom Safeguarding Course and to date we have delivered two courses to a total of 22 individuals from 17 different clubs.



#### IMPORTANT COURSE INFORMATION

Participants will need a tablet/laptop and a good internet connection for this online interactive video training course.

The 'Zoom' access link for the course and relevant course materials will be emailed to participants in advance in word and PDF formats.

**TO GAIN ACCREDITATION, PARTICIPANTS MUST COMPLETE THE FULL COURSE.**

**Check out our Calendar of Programmes & Events on Page 13 to see upcoming dates for Online Safeguarding Training . The course fee is €15 per person, all courses can be booked online on [www.eventbrite.ie](http://www.eventbrite.ie)**

**For any further questions on this, please contact Peter Jones on 087 785 5940 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).**

### 20x20 Clubs Charter

20x20 is about creating a cultural shift in our perception of girls and women in sport. By increasing visibility of women's sport it will become a greater part of who we are and what we follow. There is already so much to celebrate when it comes to women's sport in Ireland, but there isn't enough noise. The initiative seeks to change the subliminal bias in the Irish psyche that exists around girls and boys, or women and men, when it comes to sport. The name of the initiative is shorthand for 20% by 2020, these are the targets set for the initiative:

**20% more media coverage of women in sport by the end of 2020**

**20% more female participation whether at player, coach, referee or administration level by the end of 2020**

**20% more attendance at women's games and events by the end of 2020**

This isn't a 'women for women' initiative, it's 'all of society for all of society'. If sport is good, which we know it to be, then more sport is better. If we all play, we all win. 20x20 is asking all sections of Irish society to show their stripes and pledge one small action to increase the visibility of women's sport in Ireland because if she can't see it, she can't be it.

**20x20 is excited to offer clubs the opportunity to champion the 20x20 movement in your community. We know that sports clubs are the heartbeat of many of our communities making sport happen in villages, towns and cities across the island of Ireland every day. Your club can have a real and lasting impact on women and girls in your community becoming more active and more involved in sport in any capacity.**

#### Benefits of signing up to the Charter:

- The club benefits from the public support and positive PR associated with supporting a drive towards gender equality in sport.
- As a 20x20 Club Member, you will receive a 20x20 Club Member Flag which can be displayed at your club house/ training facility/events.
- You will receive a 20x20 Member Club Charter to display in your club house/ training facility.
- The right to display 'Member of 20x20' logo on website, social media channels and communications. Strengthened public perception of the importance of women and girls in sport in your club and locality, along with its contribution in terms of the economy and generating social capital.

**FOR MORE INFORMATION PLEASE VISIT: [www.20x20.ie/clubs-charter/](http://www.20x20.ie/clubs-charter/)**



We are working with **WLRFM** to bring a **Women in Sport | 20x20** campaign to social media and the Waterford air waves this October  
- *more details coming soon!*

### COVID-19 Club Small Grant Scheme

The COVID-19 Club Small Grant Scheme is part of a series of COVID-19 related funding schemes from Sport Ireland, following the announcement of €70 million of funding by the Government to support the sports sector in response to the Covid-19 crisis. We opened applications in August and received 80 applications from a variety of different clubs. Sports Clubs were invited to apply for grants up to €1,500 to cover costs associated with the re-opening of their clubs.

The scheme will be based on identified needs. Waterford Sports Partnership and Sport Ireland will work together to ensure that the investment is distributed fairly and every effort will be made to ensure that the wider sports community benefits from this scheme.



## 2020 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
<b>September 2020</b>				
Monday 28 <sup>th</sup> September	<b>Safeguarding 1 - Child Welfare &amp; Protection Awareness Workshop</b> <b>SOLD OUT</b>	6-9pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
Tuesday 29 <sup>th</sup> September	<b>Positive Ageing Week   Walk West Waterford Cappoquin GAA Club</b> 'Explore the new Community Walkway'	10.30am	FREE	Cappoquin GAA Club <b>Pre-register on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
Wednesday 30 <sup>th</sup> September	<b>Positive Ageing Week   Walk West Waterford Ballysaggart Towers</b> 'Explore this Stunning heritage Site'	10.30am	FREE	Meeting at the car park at the Towers <b>Pre-register on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
Wednesday 30 <sup>th</sup> September	<b>European Week of Sport Come &amp; Try Kayaking</b> <b>Adult Only</b>	5 to 6.30pm	FREE	Villierstown Boat Club <b>Pre-register on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
<b>October 2020</b>				
Thursday 1 <sup>st</sup> October	<b>Positive Ageing Week   Walk West Waterford Villierstown Village</b> 'Enjoy the charm of this picturesque village'	10.30am	FREE	Meeting at Villierstown Community Centre (Old Church) <b>Pre-register on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
Friday 2 <sup>nd</sup> October	<b>Positive Ageing Week   Walk West Waterford Glenshelane Woods</b> 'A feast for the senses'	10.30am	FREE	Meeting at the car park at the woods. <b>Pre-register on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
Monday 5 <sup>th</sup> October	<b>Safeguarding 1 - Child Welfare &amp; Protection Awareness Workshop</b>	9.30am to 12.30pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
Monday 19 <sup>th</sup> October	<b>Safeguarding 1 - Child Welfare &amp; Protection Awareness Workshop</b>	6 to 9pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
<b>November 2020</b>				
Monday 2 <sup>nd</sup> November	<b>Programme Start Date: Men on the Move Dungarvan</b> Six week Programme	6.15 to 7.15pm	€10	Dungarvan GAA Club <b>Book on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
Tuesday 3 <sup>rd</sup> November	<b>Programme Start Date: Men on the Move Waterford City</b> Six week Programme	6.15 to 7.15pm	€10	Waterford Regional Sports Centre <b>Book on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
Monday 9 <sup>th</sup> November	<b>Safeguarding 1 - Child Welfare &amp; Protection Awareness Workshop</b>	9.30am to 12.30pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
Monday 23 <sup>rd</sup> November	<b>Safeguarding 1 - Child Welfare &amp; Protection Awareness Workshop</b>	6 to 9pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>
<b>December 2020</b>				
Monday 7 <sup>th</sup> December	<b>Safeguarding 1 - Child Welfare &amp; Protection Awareness Workshop</b>	9.30am to 12.30pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="https://www.eventbrite.ie">www.eventbrite.ie</a></b>



## Waterford Bike Week 2020

### Saturday 19<sup>th</sup> to Sunday 27<sup>th</sup> September

National Bike Week 2020 took place from Saturday 19th to Sunday 27th September. Waterford Sports Partnership in partnership with Waterford City & County Council and An Taisce Green Schools again coordinated Bike Week Programmes and events for the people of Waterford.



### Let's Cycle Adult Refresher Training

This programme was for people who wanted to brush up on their cycling skills. The Programmes in Durrow, Dungarvan, Kilmacthomas and Waterford ran over two weeks covering M-Check, Ready Position, Breaking, Cornering, Gearing, Greenway Etiquette and Rules of the Road. Fifteen people took part in the programme across the four venues, each participant received a handy bike maintenance kit so that they can keep their bike in good working order. Well done to everyone that took part.



### Lunchtime Cycles in Dungarvan & Waterford

Always a very popular Bike Week event we ran lunchtime cycles in Dungarvan & Waterford City on Wednesday 23rd September.

#### Dungarvan Lunchtime Cycle

Seventeen people took part in Dungarvan, we ran two cycles, both departing from Walton Park, one at 12pm and the second at 1pm. On arriving at Clonea Strand the groups enjoyed a free lunch on us. A great way to stretch the legs and get away from the desk during the day.



#### Waterford City Lunchtime Cycle

WIT Arena was the meeting point for our Waterford City cycle, this event booked out very quickly and the twelve people that signed up enjoyed a leisurely cycle along the Waterford Greenway followed by a takeaway lunch on us!. We also provided free bike hire at both locations for anyone that needed it. Well done to everyone that took part!



## Online Balance Bike Programme

### Teach your child to cycle

Twelve people signed up to our FREE Bike Week Balance Bike Online Training Programme which ran from Saturday 19th to Saturday 26th September. Participants were sent eight progressive videos to help them to teach their children to cycle a balance bike. These short interactive videos help to develop your child's fundamental movement skills as well as improving their cycling ability.



In case you missed this opportunity!  
ALL THE VIDEOS ARE AVAILABLE ON THE  
WATERFORD SPORTS PARTNERSHIP  
YOU TUBE CHANNEL.



## Cycle Skills Challenge

### Want to test out your cycling skills?

Nine people signed up to our FREE Bike Week 'Cycle Skills Challenge' for 8 to 14 year olds which ran from Monday 21st to Friday 25th September. WSP and Green Schools teamed up to test your cycling skills! We sent the participants a video each day with tricks and challenges for them to try at home. There were three challenges/tricks per day for novice, intermediate and advanced cyclists.

In case you missed this opportunity!  
ALL THE VIDEOS ARE AVAILABLE ON THE  
WATERFORD SPORTS PARTNERSHIP  
YOU TUBE CHANNEL.



## Mountain Biking in Portlaw Woods

On a fantastic sunny day, we concluded National Bike Week on Saturday 26<sup>th</sup> September with two Mountain Biking sessions, facilitated by Shielbaggan Outdoor Education Centre, in Portlaw Woods. The first session was for members of Comhairle na nÓg youth group, and the second session was open to members of the public who had booked online in advance. Tony, our cycling guide, took the group for a cycling skills session, before we embarked on some fantastic trails and routes. Portlaw Woods is certainly one of Waterford's best hidden gems. Thanks to Tony and Shielbaggan for facilitating a fantastic, enjoyable and safe cycling session. I think we might have even converted a few road cyclists to the Woods!



For more information on cycling please contact: Peter Jones on 087 101 5130 or email at [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

THE FOLLOWING SCHOOLS & COMMUNITY GROUPS ARE ALSO RUNNING BIKE WEEK EVENTS SUPPORTED BY BIKE WEEK FUNDING:  
North Suburbs Community Youth Project | Manor St. John Youth Services | Rehabilitation and Recovery Service | St. John's Special School Dungarvan | Garranbane N.S. | Pact Youth Diversion Project | Tigh Súigradh | Axa Community Bike Rides | Waterford Mental Health Services | Portlaw Women's Group | Lismore No Limits Women's Group | Wacky Wednesday Women's Group  
Waterford Educate Together NS | White Strand Foroige Youth Club | Fews National School | Carballly Active Retirement Group | The Carballly Community Development Project | Solas Cancer Support Centre | Scoil an Bhaile Nua | Knockanore NS | Villierstown NS | Presentation Secondary School.



## SUPPORT FOR LOCAL CLUBS

One of the key focuses of the Hub is working with community organisations and sports clubs to increase physical activity opportunities for the people of Cappoquin, Lismore and Villierstown. Over the past few months we have supported the following clubs and community groups . . .

### Affane/Cappoquin GAA Club

WSP worked in partnership with Affane/Cappoquin GAA Club over the past twelve months on various projects to increase physical activity opportunities for the people of Cappoquin. These have included

Operation Transformation, Camogie Development initiative for girls aged 11 & 12 and National Play Day. As part of our continued work in the community, we were delighted to assist Affane/Cappoquin GAA Club to develop their newly opened Community Walkway as part of our Rural Hub Development Project. Well done to all involved for the fantastic community effort which helped to make this project a reality. WSP Community Hub coordinator Peter Jones was delighted to be afforded the chance to speak at the official opening of the 'Community Walkway' on Friday 10<sup>th</sup> July. We encourage local people to avail of the clubs €10 social membership offer which gives you access to this wonderful facility.



### Villierstown Boat Club

WSP has assisted Villierstown Boat club with the purchase of kayaks for use with the local community. The kayaks have already been put to good use over the summer months with local people of all ages being able to enjoy the fantastic opportunities on the local River Blackwater. We are also excited for our Kayaking event in partnership with Villierstown Boat Club and the Irish Canoe Union to celebrate the European Week of sport. Two events are planned at the end of September which will give fourteen 5<sup>th</sup> & 6<sup>th</sup> class students the opportunity to experience a come and try kayaking event. In addition to this, an adult come and try it session will give local people the chance to try something new on their own doorstep.



### Cappoquin AFC

Cappoquin AFC have provided us with a great venue for our Men on the Move sessions. We are also delighted to assist the club in the development of their new community walkway for use by local people including the primary school and the day care centre. This floodlit walkway will allow local people to exercise in a safe and well lit area throughout the winter by availing of social club membership with Cappoquin AFC.

### Villierstown Community Centre

CLV Community Hub Co-ordinator, Peter Jones, recently met with the local committee in Villierstown and we are in the process of purchasing indoor bowling sets and table tennis equipment. This equipment will allow the hall to be used to offer physical activity for all ages. We're particularly delighted to be working in partnership with the Irish Table Tennis Association in delivering a taster session and coaching clinics for locals in the coming months.

## Needs Analysis

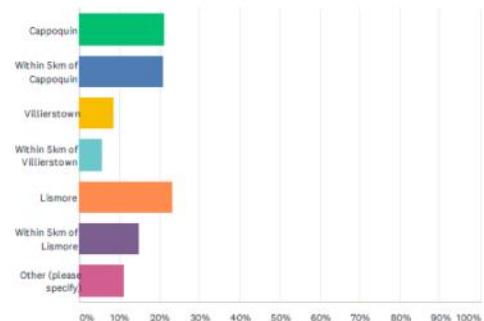
WSP has been working with Ian Dempsey from Prescience Business and Management Development to engage with the local communities to conduct a needs analysis for the CLV Hub Area. The needs analysis will assist us in formulating an action plan to make sure that all work undertaken by WSP is sustainable, ensuring physical activity will continue to thrive post dormant accounts funding.

Unfortunately, due to COVID-19 restrictions, we were not able to meet with the public face to face, so using a variety of methods from zoom calls and an online survey we were able to capture data from a wide range of people from the Hub communities.

We were delighted that 282 people responded to the survey. This shows great buy-in from the local community, even more impressive is that 100% of people, that started the survey, fully completed it!

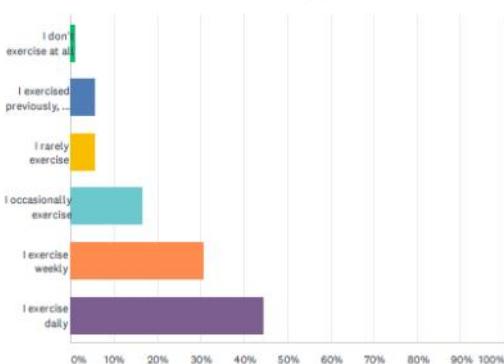
Q3 In what village or townland do you live?

Answered: 275 Skipped: 1



Q6 How active are you?

Answered: 272 Skipped: 4



The Need Analysis Report will be made available to the public in November 2020. ***Here are a few of the provisional findings . . .***

- 282 respondents; 100% completion rate – (average 7 minutes, 50 seconds to complete)
- Strong engagement & interest overall
- Permanent and rooted in area
- Some localised differences between settlements
- Notable gender split -70% female/30% male
- Economically active and family cohort
- Healthy and active
- 50% primarily self exercise
- 33% member of club/team

## Men on the Move hits West Waterford

Waterford Sports Partnership were delighted to get back on the move with our first ever West Waterford Men on the Move programme in September. Twelve men are involved in our four week programme and being put through their paces by WSP tutor Shauna Walsh with WSP COVID Officer Peter Jones on hand to ensure the safe and smooth running of the sessions. The aim of the programme is to increase aerobic capacity and core strength in a fun environment and it was great to see men exercising and laughing whilst maintaining their social distance. Thanks to the excellent facilities in Cappoquin Railway AFC we've managed to engage in a few short games of walking football.

For further information on this programme, or any men's opportunities, please contact Peter Jones on 087 1015130 pjones@waterfordsportspartnership.ie



CELEBRATING EUROPEAN WEEK OF SPORT



**Come and Try Kayaking for Adults in West Waterford**

**Wednesday 30<sup>th</sup> September 5 to 6.30pm @ Villierstown Boat Club**

**Join us for a FREE kayaking session - all equipment will be provided**

**LIMITED PLACES REGISTER FREE 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 087 785 5940 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**



# Waterford SportsAbility

## PODCAST SERIES



WATERFORD  
SPORTSABILITY



### Friday 11<sup>th</sup> September Episode 1: 'The Beginning'

Karen Power (Author of the Butterfly Barn Series) chats with **Pauline Casey** (WSP Sports Inclusion Disability Officer) about how the Waterford SportsAbility Forum started and the work they do. Pauline will tell us about the development of the Podcast Series and who will feature over the coming weeks.



### Friday 25<sup>th</sup> September Episode 2: 'A Parent's Perspective'

Karen Power speaks with **Mary Fitzsimons**, parent of Hayley Fitzsimons. Mary shares her journey with us from the beginning, from discovering she was pregnant, discovering her child would be born with a disability that no one seemed to know much about, to how her daughter has achieved so much as an athlete and has her eyes set on even bigger goals.



### Friday 9<sup>th</sup> October Episode 3: 'Hell & Back'

This episode features **Kate Veale** Irish Race Walking Champion and former World Champion who is an extremely gifted athlete from Dungarvan. Kate had a genuine chance of winning an Olympic medal when all of a sudden she disappeared, going completely off the radar. So what happened? Tune in to hear Kate's story and where her sporting career is now.



### Friday 23<sup>rd</sup> October Episode 4: 'It's just what I do'

This week Karen catches up with **Chris Watts**, a visually impaired tri athlete from Dublin, and his Dad Andy. Chris talks about how he discovered his love of triathlons and how the support of his parents has been crucial in his success.



### Friday 6<sup>th</sup> November Episode 5: 'Going for Gold'

In this episode, Pauline is joined by **Damien Vereker** tandem cyclist with the Irish Paralympics Team. Damien talks to Pauline about how important the community of Waterford was in supporting him on his cycling journey. Damien tells us how his plans to get onto the Irish Paralympics Team have been disrupted due to COVID-19 and about his goal to make it to the 2021 Paralympics Games.



### Friday 20<sup>th</sup> November Episode 6: 'The Fight of my Life'

In the series finale, Pauline is joined by **Ian St. John** to hear about his life thus far. In an incredibly open and honest chat, Ian brings us through his journey from securing his dream job as a golf pro, to a devastating cancer diagnosis which has left him currently living with paralysis.



**Tune in and be inspired!**



## Activity Packs for Services

With many of our Disability Services unable to attend activities at the minute, Sports Inclusion Disability Officer Pauline Casey put together activity packs for them to use in their own service. Packs contained equipment that services were familiar with such as Boccia Kits, Speed Stacks & Polybat sets. These packs supported staff to keep their service users active over the last number of months in a fun and safe way. **If your services needs assistance in getting active or you would like to utilise one of our activity packs, please contact Pauline Casey on 086 7837385 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)**

## Disability Charter

Waterford Sports Partnership is calling on all Waterford organisations working in the Sport and Physical Activity Industry to sign 'The Sports Inclusion Disability Charter'. The Charter was developed on feedback from a survey that CARA carried out in partnership with Local Sports Partnerships across 22 counties. The Charter clearly outlines five key areas people with disabilities are asking all organisations to consider in making active and healthy lifestyles possible for them. To date twenty three Waterford Organisations have signed up to the Charter but we would like to see more.

**For more information on the Charter or to sign up please go to [www.caracentre.ie](http://www.caracentre.ie)**

## National SIDO Conference

On Wednesday 23<sup>rd</sup> July, Pauline Casey (SIDO) was invited to present at the National Inclusion Online Conference. Pauline presented to the SIDO Network with Gary Power (Sports Development Officer) from the FAI on "The Importance of Collaboration". The presentation focused on the importance of a strong relationship between WSP & FAI and how we can offer more physical activity opportunities for people with a disability by working in partnership rather than isolation. We highlighted a number of programmes to the SIDO network such as Kick to Recovery, Special Schools Soccer and Social Soccer all of which could be implemented in their area with a similar approach. WSP would like to thank Sport Ireland for giving Pauline & Gary an opportunity to present at the conference.



What people with disabilities are asking of your organisation

### Openness

Be open to and understanding of all people with disabilities

### People

Access training for our staff/volunteers to facilitate the inclusion of people with disabilities

### Activities

Develop and deliver inclusive activities

### Facilities

Review our facility/venues/equipment to make our organisation more accessible

### Promotion

Promote the inclusive nature of our activities, in a variety of formats



## National Fit For All Week

The 2020 National Fit For All week will take place from the 12<sup>th</sup> – 18<sup>th</sup> October. The national *Fit For All* week is aimed at increasing awareness among people with disabilities, their families/carers and disability services on the benefits of regular exercise, healthy lifestyles and opportunities to participate within the local community. *Fit For All* also aims to increase awareness and build the capacity of leisure and fitness professionals in providing accessible programmes and facilities within their local community. We are

encouraging leisure centres, fitness facilities both public and private, community halls, professional trainers etc. in Waterford to open up their centres and invite individuals with disabilities to participate within their programmes. Leisure centres and fitness professionals interested in participating in the FitForAll week are encouraged to register their centre details at [www.caracentre.ie/events/fit-for-all](http://www.caracentre.ie/events/fit-for-all).

## 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.

<b>Disability Awareness in Sport Training</b>	2 hour course AVAILABLE ONLINE	This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.
<b>Disability Inclusion Training</b>	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.
<b>Inclusive Fitness Training</b>	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.
<b>Autism in Sport Workshop</b>	3 hour course AVAILABLE ONLINE	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 086 783 7385 or by email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)**

## Waterford SportsAbility NEW LOGO!

**Waterford SportsAbility Forum is very proud to launch their new logo!**

One of the goals of the Forum was to have its own brand, and we are delighted that it has come together so well. Over the past three months a working group from the Forum, along with the guidance and expertise of Jamie Knox, worked on creating a logo with meaning that would stand the test of time and represent what the Forum is about. After many drafts and zoom calls the Forum is very happy with our new brand!



**WATERFORD  
SPORTSABILITY**

### What is the meaning behind the logo?

The circle itself represents the forum, the different coloured curves represent the members from various disability organisations, voluntary and statutory organisations and national governing bodies coming together with overlapping missions.

#### The colours represent:

- Blue - represents Waterford and the Forum's values of honesty and communication.
- Green - represents positivity, health and mental wellbeing.
- Orange - represents determination, strength and developmental disability groups.
- Yellow - represents fun, creativity, positivity and openness.

The people in the middle represents the groups and individuals we work with and for in the community.

This new logo shows us how far we have come since our establishment in 2016. Now we have our own brand we are very excited for the future of the Waterford SportsAbility Forum.



**KEEP UP TO DATE:** Keep an eye on the Waterford SportsAbility Facebook and Instagram pages for up to date information on all things related to sport and physical activity for people with a disability in Waterford.  
**Facebook- @WaterfordSportsAbility Instagram @Waterford\_SportsAbility**



## Pitch & Putt

We were delighted to get Waterford Mental Health Service active again. The service took part in a Pitch and Putt Programme at the Regional Sports Centre for four Thursdays in September. The programme was tutored by Ryan Madigan PGA from Waterford Castle Golf Club, who introduced the four participants to pitch & putt. Ryan started with all the basics, from grip, to stance and introduced participants to a number of different swings. At the end of the four weeks, it was clear that all four participants were on the way to becoming pros too. Well done to all those that took part and a special thank you to Ryan for leading four excellent sessions.



## A peak behind the Scenes at the recording of our SportsAbility podcasts!



### Deise Dragons

Multi Sport Club for Children with a Physical Disability  
Paul Curran | deisedragons@gmail.com



Down Syndrome Waterford Branch  
info@dsiwaterford.ie

### Dyspraxia Ireland

DCDynamo Multi Activity Club Waterford  
dyspraxiadcdwaterford@gmail.com



Halliwick Swim Club (PAN Disability)  
Sarah Flynn | 083 1376847 | vikinghalliwicksc@gmail.com



Waterford Autism Social and Sport Action (WASSA)  
Bernie Murphy | 086 663 7055 | contact@wassa.ie



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

### Whitestrand Foroige Club

for young children (10-17 years) with High Functioning Autism  
Contact Kara on 087 610 4430 | whitestrandforoige@gmail.com



Bohemians FC - Football for All Club  
for young people aged 16 and over  
Jason Ryan 086 028 818 or info@waterfordbohs.com

Park Rangers AFC - Football for All Club  
for young people aged 6 to 16  
Contact: parkrangersffa@gmail.com



## FOR MORE INFORMATION ON DISABILITY SPORT

Please contact our  
Sports Inclusion Disability Officer,  
Pauline Casey  
by phone on 086 783 7385 or by email  
pcasey@waterfordsportspartnership.ie



## DISABILITY UPCOMING PROGRAMMES TRAINING & EVENTS

All our DISABILITY Programmes, Events & Training Courses are currently suspended.

We hope to be in a position to publish a schedule of Programmes, Events & Training Courses in our September Newsletter.



Our normal busy schedule of activities did not take place this summer at the Community Sports Hub in line with Government advice on public safety. With restrictions still in place, our offering of programmes is limited over the coming months. Waterford Sports Partnership is dedicated to offering fun, inclusive, safe and high quality programmes for Carrickphierish Sports Hub and we are working hard to ensure the safe return of activities and training in the very near future.

### Carrickphierish Library Services:

**Opening Hours:** Waterford Libraries has currently reopened six of its twelve branches with more due to open in the coming month. At the moment you can visit the library to return, check out or order books, DVDs and magazines. For now, there is no access to newspapers, study spaces, library computers or meeting rooms. You can print from your phone or photocopy at the libraries in Tramore and Dungarvan. Carrickphierish Library is open with reduced hours: Monday, Thursday 2pm – 5pm Tuesday & Wednesday 10am – 1pm & 2pm – 5pm



### Northern Suburbs Youth Project:

Located at 64 Gracedieu Heights, North Suburbs Community Youth Project offers a range of activities and learning opportunities for young people between the ages of 10-21 years. **For more information contact [northsuburbscyp@wstcys.ie](mailto:northsuburbscyp@wstcys.ie)**



**PLEASE LIKE**

**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:

**Louise Barry,  
Hub Development Officer  
on 086 465 0063 or email  
[lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)**

## CARRICKPHIERISH COMMUNITY SPORTS HUB

### UPCOMING PROGRAMMES TRAINING & EVENTS

**All our Programmes, Events & Training Courses are currently suspended.**

**We hope to be in a position to publish a schedule of Programmes, Events & Training Courses soon!**





### Mountain Biking PACT Project

We were delighted to assist the PACT project recently with a Mountain Biking activity at Faithlegg Wood (or 'the Minaun' as it is sometimes referred to). Facilitated by Shielbaggan Outdoor Education Centre, we took in some fantastic trails with some amazing views. Thanks to Community Gardai Chris, Clare and Orla for joining us on the day and for sharing their tips on how to Mountain Bike safely.

### PROGRAMMES

#### Coming soon!

Schools Skipping

Programme

Sport Leader Award

Muay Thai Fitness

Non-Contact Rugby

Let's Get Walking

### St. Joseph's National School /School Completion programme Dungarvan Summer Activity Camp

We recently assisted St. Joseph's National School in Dungarvan and their School Completion Programme with their Summer Activity Camp. Strictly adhering to Sport Ireland's Return to Sport Guidelines and the Government's Public Health Measures, the boys enjoyed a number of games in which they kept their social distance and limited use of sports equipment. Thanks to Jack and Francey from Waterford City Rugby Club for keeping the games fun and safe



# 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	Fiona 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@cgigolf.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	Corraíne 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.olymphichandball.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 Áine Byrne (Special Projects Manager)	086 2577875 086 3486119	colinbuckley37@gmail.com wis@weightliftingireland.com	www.weightliftingireland.com



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

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#BeActive & Flatten the Curve  
As the coronavirus COVID-19 outbreak continues to affect our daily lives, Waterford Sports Partnership is to continue supporting responsible sport and physical activity participation while minimising the spread of COVID-19. Better than the infection curve, Sport and physical activity help us to stay fit and healthy, boost our immune system, improve our mental health, increase our sense of positivity and our long term health, now more than ever!

Latest News:  
WSF Home Workouts Videos  
FREE Fun Athletics at Home  
FREE Online Workshops  
Active Families  
Coaching? Download our Activity Planner



## 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)**

