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## ‘Little Vikings’

### An exciting new Special Olympics Club for Waterford!

Waterford Sports Partnership, in partnership with Special Olympics Munster, have developed Waterford’s first Special Olympics Young Athlete club, ‘Little Vikings’.

Little Vikings introduces children with an intellectual disability, aged 4-12years to a wide variety of play activities in a familiar, supportive and fun environment where everyone has the opportunity to succeed.

The club had their first meeting on Tuesday May 4<sup>th</sup> and will continue meeting on Tuesdays and Wednesdays until the end of June in the Butler Community Centre. Well done to everyone involved in the Club - we wish you every success for the future!



**Special  
Olympics**  
Ireland

## FOLLOW WSP ON SOCIAL MEDIA

facebook

Instagram

twitter

YouTube



## 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@waterfordsportpartnership.ie



**Karen Phelan**  
Communications Officer

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Mobile: 085 116 7939  
kphelan@waterfordsportpartnership.ie



**Suzanne Baumann**  
Administrator

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sbaumann@waterfordsportpartnership.ie



## 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.

**Peter Jones**  
Sports Development Officer

Phone: 0761 10 2191  
Mobile: 087 101 5130  
pjones@waterfordsportpartnership.ie



**Brian O'Neill**  
Youth Sports Development Officer

Phone: 0761 10 2583  
Mobile: 086 020 1219  
boneill@waterfordsportpartnership.ie



**Pauline Casey**  
Sports Development Officer  
and Sports Inclusion Disability Officer

Phone: 0761 10 2682  
Mobile: 086 783 7385  
pcasey@waterfordsportpartnership.ie



**Rachel Sinnott,**  
Community Sports  
Development Officer

Phone: 0761 10 2199  
Mobile: 087 739 6050  
rsinnott@waterfordsportpartnership.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
<b>Peter Jones</b>	Men   Cycling   Club Development   Safeguarding   Rural Sports Hub   Older Adults	Dungarvan
<b>Pauline Casey</b>	Disability   Women   Walking   Disability Awareness	Waterford
<b>Brian O'Neill</b>	Schools   Youth at Risk   Young People   Sport Leader	Waterford
<b>Rachel Sinnott</b>	Orienteering   Rowing   Swimming   Outdoor Adventure   Disability	Dungarvan

## Playground Markings

*We have been busy visiting schools around Waterford City and County for our Playground Markings initiative. The popularity of the markings has grown immensely and has proven to be effective in supporting schools to be active outdoors and enhance opportunities to participate in physical activity.*

**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 yard.
- 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.
- The cost of this initiative is approx. €250 to €280. WSP will contribute 50% towards the overall cost and the school will be asked to cover the remaining cost

**We encourage schools to contact us and plan your playground markings and games.**

**To organise a consultation and plan your Playground Markings, please contact Rachel Sinnott on 087 739 6050 or email [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie)**

**Well done the 23 schools who have had the markings installed to date.**

- AGLISH N.S.
- Ballyduff N.S.
- Carriglea N.S.
- Clashmore N.S.
- Coolnasmear N.S.
- Fenor N.S.
- Fewes N.S.
- Garranbane N.S.
- Glenbeg N.S.
- Kill N.S.
- Killea Boys N.S.
- Knockanore N.S.
- Lismore Morchuda N.S.
- Passage East N.S.
- Scoil Baile Nua N.S.
- Scoil Lorcaín N.S.
- Scoil Mhuire, Abbeyside
- St. John's Special School
- St. Josephs Boys N.S., Dungarvan
- St. Marys, Tourneena N.S.
- St. Michael's N.S.
- Ursuline Primary School
- Waterford Educate Together N.S.



## Come and Try Orienteering

Orienteering is the sport of navigation that requires you to find your way from one point to another using only a map and your brains. It also develops many skills including problem solving, team work, decision making and self awareness.

WSP, in partnership with South East Viking Orienteers, is inviting schools to come and try it orienteering session for 5th & 6th class students, when restrictions allow, in the following locations; People's Park\* Waterford, Kilbarry Nature Park\*, Tramore Park, Dunmore East Park, Kilmacthomas, Lismore Towers and Colligan Woods.  
\*wheelchair accessible course.

**For more information or to register your interest please contact Rachel Sinnott: by email at [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie) or call 087 7396050.**



### OPPORTUNITIES FOR PRIMARY SCHOOLS IN 2021

WSP is dedicated to delivering our programmes and training to a high quality standard and the safety of all those involved is paramount during the COVID 19 pandemic. For safety reasons, the method of delivering our programmes and training has been adapted and will continue to evolve as we engage with schools and understand their needs.

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:

#### Online Schools Skipping Programme

Skipping is a terrific form of exercise that can help improve agility, balance and hand-eye co-ordination in children. Skipping is the perfect activity during these times as it's a socially distanced activity which can be done inside or outside and involves no sharing of equipment as each student will have their own rope. In partnership with SKIP'n'ROPE, the programme includes a number of tutorial videos teaching the students how to skip safely and correctly. Each student will receive their own rope, so they can practice in school and at home.

If you are interested in taking part please contact Brian O'Neill on 086 020 1219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).

Please note: cost will vary, depending on the size of the school.



#### Online StartBox Programme

This programme consists of a number of online videos delivered by IABA Development Officers. It focuses on fun, participation and movement, as opposed to the skills of Boxing. This activity can be accessed in school, at home and can also be done as a family activity.

For more information please contact Brian O'Neill on 086 020 1219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)



#### Online Muay Thai Fitness Programme

Similar to the StartBox programme, it focuses on fun, participation and movement, as opposed to the skills of Muay Thai.

For more information please contact: Brian O'Neill on 086 020 1219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).



#### Non-contact Tag Rugby

In partnership with Munster Rugby, the objective of this programme is to get the students active in a fun and safe environment. Delivered in the school yard, the programme consists of fun games, relays and basic fundamental movement skills.

For more information please contact: Brian O'Neill on 086 020 1219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).



#### Urban Hoops

Focusing on movement and participation, this Basketball programme incorporates basic skills and relays. Schools do not need Baskets for this programme, as the activity is delivered in the school yard.

For more information please contact Brian O'Neill on 086 020 1219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).



**The Daily Mile** is 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.



## 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 please email Brian O'Neill: [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

## TEACHER TRAINING OPPORTUNITIES

Check out these opportunities - now booking!



### Ready to Go Orienteering' Teacher Training

Ready to Go Orienteering Teacher Training 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 please contact Rachel on: 087 739 6050 or email [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie)

### Sport Inclusion & Disability Awareness Training

Sport Inclusion & Disability Awareness Training is a 90 minute online training course designed to create a greater awareness of the area of disability and how to include people with disabilities in sport and physical activity. The training will cover topics such as understanding disability, perceptions, communication and an introduction to inclusion using the TREE Model.



For more information on upcoming courses please contact:

Rachel on 087 739 6050 or email [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie)

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>

## Get Active, Get Going!

Waterford Sports Partnership were delighted with the response to our four week Get Active, Get Going programme for older adults. Fifty four people took part in the programme, ranging in age from 49 to 84. We used multiple methods of communication to assist people in getting active. For this programme, WSP posted out weekly session plans and handouts with a daily schedule as outlined below :-

DAY	ACTIVITY
Monday	Participants sent a link for video exercise session delivered by Age and Opportunity
Tuesday	Weekly exercise challenges which included balance test, press up test, sit to stand test, endurance challenge and waist line measurement
Wednesday	Live Zoom exercise/social session (video emailed to all to do again in their own time)
Thursday	Video link of weekly exercises from postal handout
Friday	Participants sent a link for video exercise session delivered by Age and Opportunity
Saturday	Get out and about within 5km for 30minutes+ fitness tests
Sunday	Day of rest

We were delighted with the activity levels, smiles and enjoyment from everyone and the great feedback we received. For further details on the programme, please visit our YouTube channel or contact Peter Jones at [pjones@waterfordsportpartnership.ie](mailto:pjones@waterfordsportpartnership.ie)

## WHAT THE PARTICIPANTS SAID . . .

*'I need the discipline of a class so I appreciated the four weeks and indeed any future organised classes.'*

*'I'm walking most days and the exercises are a great addition to general fitness and mobility'*

*'Well paced, very clear instructions and pushed me and my joints!'*

*'Thanks a mil ,very enjoyable session and great that's it's recorded so I can do again'*

*' I could feel muscles I hadn't felt for a while. Various levels of movements is a good idea. I like the discipline of a class.'*

*' The programme is great motivation to try new things and it is not daunting but fun.'*

## 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'

## OLDER ADULT HOME EXERCISE PLAN

If you would like to receive a hard copy via post please contact:

Peter Jones 087 101 5130

or email

[pjones@waterfordsportpartnership.ie](mailto:pjones@waterfordsportpartnership.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 [www.waterfordsportpartnership.ie](http://www.waterfordsportpartnership.ie) for further updates.**

## EXERCISE DVDS

Do you know someone 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 Peter Jones 087 101 5130 or email [pjones@waterfordsportpartnership.ie](mailto:pjones@waterfordsportpartnership.ie)

**ORIENTEERING**

**Virtual Orienteering- MapRun-6**

*With thanks to Waterford Orienteers  
MapRun-6 has come to Waterford!*

**What is MapRun-6?**

MapRun-6 is an 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, Dungarvan, Dunmore East, Lismore, Passage East Heritage Course, Tramore Sand Dunes (advanced orienteers), Tramore Inclusion Park, Tramore Town and Waterford City

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

**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/>



**NOW  
BOOKING!  
Virtual  
Maprun6  
Events**

- Tuesday 15<sup>th</sup> June | 5-7pm**  
St. Pauls/ Larchville area
- Thursday 24<sup>th</sup> June | 5-7pm**  
Collins Avenue
- Saturday 17<sup>th</sup> July | 5-7pm**  
Portlaw Village
- Thursday 19<sup>th</sup> August | 5-7pm**  
Waterford City

Southeast Viking Orienteering club are hosting a number of virtual MapRun6 urban orienteering events. MapRun6 is Android/iOS orienteering app that provides GPS based punching and timing for courses. **These courses are suitable for beginners and also advanced orienteers.**

**FREE EVENTS**

*For more information & bookings please contact:*

Andrew Cox at  
[watosecretary18@gmail.com](mailto:watosecretary18@gmail.com)

**NOW BOOKING! Open Water Swimming Programmes**

**EIGHT WEEK PROGRAMMES:  
LOCATION & START DATES . . .**

**Boatstrand: Beach to Bouy**  
Tuesday June 8<sup>th</sup> at 9:30am

**Boatstrand: Open Water Skills**  
Tuesday June 9<sup>th</sup> at 10.15am

**Tramore: Beach to Bouy**  
Wednesday, June 9<sup>th</sup> at 6.15pm

**Dunmore East: Beach to Bouy**  
Saturday June 12<sup>th</sup> 9:30am

**Dunmore East: Open Water Skills**  
Saturday 12<sup>th</sup> June at 10.15am

*In partnership with Swim Ireland, open water swimming programmes in Waterford.*

**Beach to Bouy:**

*Dreaming of swimming out to that first buoy? This is the course for you. The programme is designed to improve confidence and technique in open water. Participants should be able to swim 50m, with a goal of completing 700m at the end of the programme.*



**Open Water Skills:**

*This programme is aimed at experienced swimmers who want to improve technique, skills and stamina in open water. Participants should be able to swim 700m already with a view to building distance in a safe and encouraging environment.*

Sessions are 45 minutes long.



€60 per programme, booking via [bit.ly/openwater2021](http://bit.ly/openwater2021)  
For more information please contact Rachel Sinnott  
on 087 739 6050 or email [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie)

## Opportunities for MEN

Since our last newsletter, and the country going back into lockdown, we have continued to adapt our offerings to ensure that there are many ways that men can remain physically active. This has involved a new approach to programme delivery along with a selection of online resources.



### Men on the Move hits Zoom!

We had planned to deliver a face to face Men on the Move Programme leading into Operation Transformation. However, we quickly adapted this and were delighted that thirty one men, ranging in age from 23 to 74, signed up to our Men on the Move zoom sessions.

The programme ran for ten weeks with twice weekly zoom sessions, which were recorded, and sent to participants so they could work towards reaching their target of exercising for 150 minutes a week. The sessions were expertly delivered by our tutors Sara Hearne and Shauna Walsh allowing the men to exercise in a virtual group environment from the comfort of their own home.

### WHAT THE PARTICIPANTS SAID . . .

*'The zoom sessions allow me to juggle the demands on my time and it's great to get back to exercising in a group'*

*'Fantastic workout and many thanks to you all for the tuition, this was my first time and it was top class. Looking forward to the next few weeks'*

*'Can't make the session this evening, but I managed to do the recorded routine this morning so thanks for organising'*

### WHAT THE PARTICIPANTS SAID . . .

*'Kept me going when no other form of exercise was available.'*

*'I've never been to a Gym so learning new skills was mighty'*

*'Great structure and level of exercise suitable for me'*

*'The motivation and support the programme provided through zoom classes for physical activity was top class'*

*'It allowed me to have communication with other people while being involved in fitness activities'*

### Men on the Move Hybrid Sessions

We started a new Men on the Move Programme on Monday 10th May. Eighteen men, including five 'newbees' signed up for the four week 'hybrid' sessions. The programme allows the participants from all over Waterford to take advantage of an online zoom training session every Monday; followed by a local face to face exercise sessions on Wednesdays delivered by tutors Shauna Walsh, Sara Hearne and Aaron Grant. The feedback from the group to date has been excellent.

**For more information on Men on the Move, please contact, Peter Jones on 087 101 5130.**



## WSP HELPING WATERFORD MEN KEEP ACTIVE

We have worked very hard to ensure that there are lots of options for men to be active at the start of 2021.

We are all different, why not choose one of the options below to ensure that you meet your recommended physical activity requirements and give your personal best every month!

### Online Men on the Move on WSP YouTube Channel:

Get active in the comfort of your own home with our core strength, flexibility and aerobic workout videos

**Walk Waterford:** Visit the 'Walking' Section of our website where there are maps for 20 walks in Waterford

**Try Orienteering:** Take up orienteering, virtual orienteering maps available for you to download on our website

**Get on your bike!:** Give cycling a go in 2021 - it's a great way to get fit and enjoy the great outdoors!

## Men's Health Week 2021

International Men's Health Week 2021 runs from Monday 14<sup>th</sup> to Sunday 20<sup>th</sup> June and is celebrated in many European countries.



The theme for 2021 is 'Men, mental health and COVID-19, what next?' Celebrated internationally, the overall aims of Men's Health Week are to:

- ⇒ Heighten awareness of preventable health problems for males of all ages.
- ⇒ Support men & boys to engage in healthier lifestyle choices / activities.
- ⇒ Encourage early detection & treatment of health difficulties in males.



To celebrate Men's Health Week, we are running a number of FREE taster sessions across Waterford as follows . . .

FREE TASTER	DATE	TIME	VENUE/MEETING PLACE
YOGA	Monday 14 <sup>th</sup> June	6.15 - 7.00pm	Via Zoom
FISHING <i>All equipment provided</i>	Monday 14 <sup>th</sup> June	6.30 - 8.00pm	Cappoquin Salmon & Trout Anglers Association
MUAY THAI <i>Outdoor Session</i>	Tuesday 15 <sup>th</sup> June	7.45 - 8.45pm	Waterford Muay Thai Unit 1b, Lacken Road, Lacken Road Business Park, Waterford, X91 VW5H
MEN ON THE MOVE	Tuesday 15 <sup>th</sup> June	6.15 - 7.15pm	Cappoquin Railway FC
ROWING	Wednesday 16 <sup>th</sup> June	6.30 - 8.00pm	Cappoquin Rowing Club
SOCIAL CYCLE <i>We can provide a bike!</i>	Wednesday 16 <sup>th</sup> June	6.30 - 8.00pm	Walton Park, Dungarvan
SOCIAL CYCLE <i>We can provide a bike!</i>	Wednesday 16 <sup>th</sup> June	6.30 - 8.00pm	Regional Sports Centre, Cork Road, Waterford.
MEN ON THE MOVE	Thursday 17 <sup>th</sup> June	6.15 - 7.15pm	Regional Sports Centre, Cork Road, Waterford.
MEN ON THE MOVE	Friday 18 <sup>th</sup> June	6.15 - 7.15pm	Tramore Promenade

For more information and to book your place, please visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie).

Places are limited so please book early to avoid disappointment.

## International Women's Day Webinar

To Celebrate International Women's Day we hosted a workshop on "Understanding the Female Athlete". Twenty one coaches, from a variety of sports, attended the workshop with the aim of learning more about their female athletes, how the menstrual cycle affects their training, how to broach the subject and how to make training more comfortable for athletes at this time. The workshop was delivered by Orna Murray founder of Your Health Psychology, who was engaging and energetic throughout the 90 minute workshop. We are looking forward to delivering more of these workshops in the future.



**INTERNATIONAL  
WOMEN'S DAY**  
MARCH 8

## Camogie Development

In partnership with Waterford Camogie, we ran a six week pre-training initiative for girls aged 13-18 years. Over six weeks in March and April, the players attended weekly webinars on topics such as; Nutrition & recovery, Staying Motivated during COVID-19, Keeping Well and Understanding the Female Athlete. Throughout the programme the players also took part in a weekly running programme, which was done in their own time by using WSP's 0-5km Podcast. Thank you to all our presenters, who gave fantastic webinars each week. Well done to all the girls who attended each week, we look forward to seeing you all back on the pitch soon!



## Let's Run 0-5km Podcast

In January we launched our FREE 'Lets Run 0-5km Podcast', Over 200 people signed-up to take part in the 6 week programme. Each week participants had access to the podcast, which took them on guided runs. For some participants this was their first time trying running, for others they used it to get back into running and forming good habits. Throughout the six weeks, participants also received weekly mindset videos, which were recorded by Tony Sullivan.

A big thank you to Jamie Knox and Tony Sullivan for all their work on the programme. **The podcast is still available to download on spotify, apple and youtube!**

## National Bike Week 2021

Bike Week is a celebration and promotion of all that's great about bikes and cycling. Held over an extended week each year, with bike themed events organised by local authorities, community groups and cycling groups throughout Ireland.

In 2020, WSP in partnership with Waterford City & County Council and An Taisce Green Schools offered advice, support and assisted in the promotion of 24 community events, as well as directly organising a further 14 events over the course of bike week. In total 710 people directly took part in Bike Week organised events and initiatives. Feedback from those involved was extremely positive and many continue to cycle for transport, recreation or both.

For 2021, the Smarter Travel Team in the National Transport Authority has taken responsibility for Bike Week. **Bike Week 2021 will take place from September 13<sup>th</sup> – 19<sup>th</sup>** and will form part of a month-long, fun cycle challenge. Individuals, communities, schools and organisations across Ireland will be able to take part. Waterford Sports Partnership, in conjunction with Waterford City and County Council and An Taisce will again be coordinating and promoting multiple events and activities for the people of Waterford.

Keep an eye on our website and social media for updates on Bike Week 2021. For further information on this, please contact Peter Jones at [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).



## SAFEGUARDING ATTENDANCE BY SPORT

SPORT	SG1	SG2
<b>Courses</b>	<b>8</b>	<b>2</b>
Archery	6	
Badminton		1
Basketball	2	2
Camogie	18	4
Cricket	2	2
Cycling	1	
GAA	5	1
Golf	2	1
Gymnastics	2	2
Hockey	2	
Horse Riding	11	1
Ladies Football	2	
Martial Arts	1	
Rugby	1	1
Sailing	1	
Soccer	8	1
Tennis	5	2
Triathlon	1	
Other	28	2
<b>TOTAL</b>	<b>98</b>	<b>20</b>

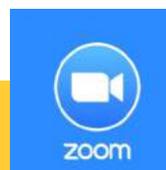
## Online Safeguarding Training

We have continued to deliver our three hour online Safeguarding 1 (SG1) Basic Awareness course on the Zoom platform, receiving great feedback from participants about the interactive nature of the course.

We also now deliver the Safeguarding Club Children Officer course online and we have delivered two of these courses to date in 2021. The common theme amongst all of the training programmes is how easy it is to take part online from the comfort of your own home and the benefits of learning from other clubs' experiences.

**Check out our Calendar of Programmes & Events on Page 14 to see upcoming dates for Online Safeguarding 1 & 2 Training Courses. 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 087 101 5130 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).**



### IMPORTANT COURSE INFORMATION

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



### ONLINE SAFEGUARDING COURSES 2021

COURSE	SG1	SG2
Courses Delivered	8	2
Total Participants	98	20
Male	53	5
Female	45	15

### PARTICIPANTS FEEDBACK

*'I thoroughly enjoyed the morning. I thought it was a great blend of engaging activities, craic and really enlightening information. Having the breakout rooms to chat with people from different sporting backgrounds but yet with the one goal of safeguarding the children in our clubs, was really beneficial. It was great to hear what worked within the various clubs - like with Mark White's success at the Tennis Club with the establishment of a junior committee. That is something I'll be looking into further for the Camogie Ruth Farrell, Tramore Camogie SG2 Attendee*

## KEEP WELL WATERFORD

## Children's Art Competition Entries!

We ran a Children's Art Competition in our 'Keep Well' Publication that was distributed to households across Waterford in January. We were really overwhelmed by the standard of the entries. Here is a small selection of how the children depicted the different ways they enjoy being Active!



## WSP - Club Development Webinar Series 2021

### WEBINAR 1 - What grant funding is available locally and nationally for Waterford Clubs?

On Wednesday 12<sup>th</sup> May, in partnership with 2into3, we hosted the first FREE webinar of our 2021 Club Development Webinar Series, 'What grant funding is available locally and nationally for Waterford Clubs?' We were delighted with the engagement; 62 people, representing 53 clubs from 26 different sports/organisations tuned in for the Zoom webinar. Presenter Patricia Kennan was tasked with ensuring Waterford clubs were aware of grants available to them and how to maximise success. We were delighted with the positive feedback we received.



### NOW BOOKING! WEBINAR 2 - Supporting volunteers who support your club

Monday 14<sup>th</sup> June @7.30pm via Zoom | FREE WEBINAR | Book now on [www.eventbrite.ie](http://www.eventbrite.ie)

**Webinar details . . .** As clubs move out of restrictions, volunteering has changed but remains vital to your organisation. This webinar will look at what the future holds in terms of recruitment, retention and recognition. The Webinar will help clubs to develop innovative, creative and good practice ideas when planning a recruitment campaign and retaining volunteers who meet your club's mission, vision, aims and objectives. The session will look at how we get the best from our team of volunteers and how to effectively manage this team and to get the most from their time commitments.



The webinar will be delivered by Stuart Gartland of Volunteer Ireland, the national volunteer development organisation and a support body for all local Volunteer Centres in Ireland. Their belief is that people can fulfil their potential through volunteering and that volunteering contributes to healthier and more resilient communities. **For more information please contact Peter Jones on 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

### Sport Ireland Active Cities & Active Cities Waterford

The Sport Ireland Active Cities (SIAC) project is funded by Sport Ireland through the Dormant Accounts Fund (DAF). A SIAC aims to create social norms about the benefits of sport and physical activity, create programmes and opportunities for its citizens regardless of ability or age, work in partnership to increase physical activity & decrease inactivity, and create/maintain environments where sport & physical activity can happen ultimately working toward healthier lifestyles of their citizens. The SIAC concept is built on the principles of the **Global Action Plan for Physical Activity GAPPA** developed by the WHO in 2018.

*Using the GAPPA framework a SIAC can be broken down in to four key pillars:*

- 1. Active Societies:** Enhance the knowledge, understanding and appreciation for the multiple benefits of regular sport and physical activity, for all abilities and ages.
- 2. Active Environments:** Sport Ireland Active Cities should create and maintain safe places and spaces in which citizens can engage in regular sport and physical activity.
- 3. Active People:** Promote and create access to programmes and opportunities to assist people of all ages and abilities to engage in regular sport and physical activity as communities, families and individuals.
- 4. Active Systems:** Implement of coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour.

The SIAC fund is investing, via the eight Local Sports Partnerships (LSPs), in sport and physical activity initiatives for Cork, Dublin, Galway, Limerick and Waterford. Over the last few months the eight Active City LSPs have held regular meetings with a view to developing a nationwide approach to the Active Cities Project with the initial focus on Communications and Marketing, Staffing and Action Planning.

WSP was allocated €70,000 in late 2020 for the first year. In the coming weeks the focus for Active Cities Waterford will be to finalise the job and person specification for the Waterford Active Cities Officer and to establish the Waterford Active Cities Steering Group. We look forward to working with our partners and the local community to roll out this exciting project.



### Innovation Project - Physical Activity for People with Chronic Conditions (PACC)

PACC is a project that was developed by Carlow, Waterford and Westmeath Local Sports Partnerships (LSPs) and is one of eleven successful projects funded in late 2020 under the Dormant Accounts Innovation Fund via Sport Ireland.

*The project evolved from a recognition of:*

- the personal and therapeutic benefits of physical activity for people experiencing ongoing, chronic conditions; and
- limited opportunities for people with chronic conditions in Ireland to access physical activity that meets their needs.

The overarching vision for this initiative is to increase opportunities for people with chronic health conditions to access regular, appropriate, supported and high quality physical activity in accordance with their needs and interests, by establishing, planning, implementing and evaluating an innovative project.

PACC sets out to remove barriers through the creation of a collaborative initiative that generates learning and builds on good practice. The participating LSPs are working alongside the HSE, representatives from Athlone, Carlow and Waterford Institutes of Technology and representatives of services and end users. This core stakeholder group has been created to lead the project over two phases.

Phase 1 (April - July 2021), which is well underway, involves a developmental and consultation process that will inform the design and implementation of a series of pilot initiatives in Phase 2 (August-December 2021). These pilot initiatives will test new ways of working with a view to developing more effective and more integrated approaches to increasing physical activity opportunities for people with chronic conditions.

# OPEN FOR APPLICATIONS!

## WSP Return to Participation Grant

Since 2009 under our Coaching and Development Funds, we have allocated 1697 separate grants totalling €47,379 funding 25 new clubs and 716 coaches from new and established Clubs in Waterford.



Our **2021 Return to Participation Grant Scheme** will support and assist clubs and organisations to increase opportunities for people to participate in organized sport and physical activity in a safe environment for the following target groups: **People with a Disability | Women | Youth | Community**

This small scale grant will allocate up to €1000 per club/organisation to enable their members/community to become more active and to increase participation levels. Proposed initiatives should provide opportunities for existing members and/or also attract new members to enhance ongoing participation.

The Grant Form & Criteria are available to download from [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie).

The Closing Date for receipt of applications is 5pm on Friday 25th June.

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

## Sports Capital & Equipment Grant 2021

### GRANT WORKSHOP

We held a 'Sports Capital & Equipment Grant' Workshop via Zoom in partnership with Zinto3 on February 2<sup>nd</sup>. We were delighted that 86 people from 24 clubs, schools & community groups attended the session. It is hoped that this will enable Waterford to improve on the 46 grants approved in the 2018 Sports Capital Grant funding round. Presenter Patricia Kennan demonstrated how to maximise success from the grant programme. It is hoped that this event encouraged more clubs to apply as the programme not only funds infrastructure work, it also funds non-personal sports equipment which can include protective wear, gym equipment, portable sports equipment, storage containers and much more.



### WATERFORD APPLICATIONS

Here is some information about applications for the 'Sports Capital & Equipment Grant' nationally and specific to Waterford :

- ⇒ Nationally there were 3,106 applications for funding totalling €200,232,382, this represents a 32.5% increase from 2018
- ⇒ **More Waterford Clubs applied:** 102 applications from Waterford for funding, totalling €6,499,978 representing 27 Different sports. This is a 36% increase in Waterford applications from 2018.
- ⇒ **Waterford Clubs applied for more funding:** There is also a 24% increase in the amount of funding requested per applicant from Waterford compared to 2018.

*Here is a breakdown BY SPORT of the Waterford Applications for funding!*

It is expected that the Grant Allocations will be announced later in the summer. While applications are considerably increased, unfortunately only €40m is available to be allocated by the Department, therefore there will no doubt be some disappointment in the level and/or number of successful applications and projects.

**Best of luck to all the Clubs that submitted an application!**

SPORT	NUMBER OF APPLICATIONS
Gaelic Games	24
Soccer	21
Multi-sport	13
Athletics	5
Tennis	4
Golf	4
Boxing	3
Rugby	3
Rowing	2
Basketball	2
Sailing	2
Hockey	2
Martial Arts	2
Canoeing / Kayaking	2
Bowls	1
Cricket	1
Squash	1
Swimming	1
Community Games	1
Cycling	1
Camogie	1
Equestrian Sports	1
Surfing	1
Pitch and Putt	1
Badminton	1
Ladies Gaelic Football	1
Gymnastics	1
<b>GRAND TOTAL</b>	<b>102</b>

## JUNE TO DECEMBER 2021 CALENDAR OF TRAINING & EVENTS

Date	Course/Event	Time	Cost	Venue
<b>June 2021</b>				
Monday 14 <sup>th</sup> June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a></b>
Monday 14 <sup>th</sup> to Sunday 20 <sup>th</sup> June	Men's Health Week 2021	Various FREE Taster Sessions		
Tuesday 29 <sup>th</sup> June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	9.30am to 12.30pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a></b>
<b>August 2021</b>				
Monday 9 <sup>th</sup> to 15 <sup>th</sup> August	Outdoors for Her Week	<i>more details coming soon!</i>		
Monday 23 <sup>rd</sup> August	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a></b>
<b>September 2021</b>				
Tuesday 7 <sup>th</sup> September	Safeguarding 2 - Club Children's Officer Workshop	9.30am to 12.30pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a></b>
Tuesday 14 <sup>th</sup> September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	9.30am to 12.30pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a></b>
Monday 13 <sup>th</sup> to Sunday 20 <sup>th</sup> September	National Bike Week 2021	<i>more details coming soon!</i>		
Thursday 23 <sup>rd</sup> to Thursday 30 <sup>th</sup> September	European Week of Sport	<i>more details coming soon!</i>		
Monday 27 <sup>th</sup> September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a></b>
<b>October 2021</b>				
Monday 11 <sup>th</sup> October	Safeguarding 2 - Club Children's Officer Training Course	6-9pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a></b>
Tuesday 12 <sup>th</sup> October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	9.30am to 12.30pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a></b>
<b>November 2021</b>				
Monday 8 <sup>th</sup> November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE VIA ZOOM <b>Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a></b>

## 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.



The aim of our West Waterford hub is to **improve the opportunities, infrastructure and participation rates for sport and physical activity within the communities of Cappoquin, Lismore and Villierstown.** Hub Development Officer Peter Jones is coordinating this project which is funded through Dormant Account via Sport Ireland.

The main objectives are:

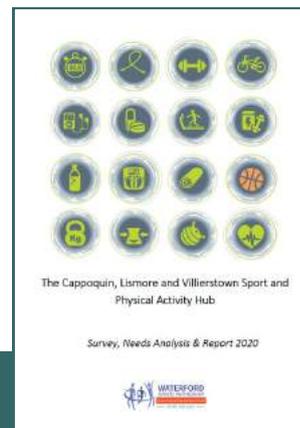
- 1) The provision of *Pathways for Sport and Physical Activity.*
- 2) *Well-trained people to develop the capacity of sport.*
- 3) *Strong organisations are created and sustained.*
- 4) *Quality facilities are supported.*

## West Waterford Hub Needs Analysis

Before taking action, it was essential that WSP understood the needs of the local community and gave a platform for opinions to be heard. Waterford Sports Partnership was delighted with the response to our needs analysis which is available to view on our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie).

The main findings were :-

- o Respondents are **active** (91% regular/occasional exercise, <1% not exercising)
- o WSP will seek to work with key agencies to develop **Opportunities**. 57% stated that opportunities, facilities and amenities need improvement.
- o Respondents stated that the primary reason for limited activity was the lack of **Awareness of options**. **WSP will work with the local sports clubs, groups and communities to improve this.** There are a large range of physical activity opportunities in the three local areas, however, not everyone seems to be aware of these opportunities. **WSP will work at promoting opportunities provided by local clubs/organisations as well as coordinating physical activity programmes for the general population.**



A summary of the Needs Analysis Report is available to view on our website [www.waterfordsportspartnership.ie/west-waterford-rural-hub/](http://www.waterfordsportspartnership.ie/west-waterford-rural-hub/)

**THE FUTURE:** The needs analysis allows WSP to create an action plan to increase physical activity opportunities in West Waterford. We will work on assisting clubs to be open to more target groups, and increase the range of activities on offer in the local communities. We will also put in place a programme of events to encourage people to be more physically active.

## 1) Pathways for Sport & Physical Activity

### Table Tennis @ Home

#### for West Waterford Families

We were delighted to team up with Table Tennis Ireland to deliver a four week online Table Tennis programme for the families of West Waterford. A total of 34 families and 107 participants took part in the programme. Each household received table tennis bats and balls and were asked to use their imagination!

Every week, participants received a session plan in the post/by email which also included video links from Table Tennis Ireland instructors. The weekly session plans covered the basic skills, of table tennis whilst also suggesting some family challenges. We were delighted with the positive feedback.

**Please check out our YouTube channel to view the videos.**



## WHAT THE PARTICIPANTS SAID . . .

*'Having great fun with our Table Tennis at the moment. Girls coming up with great ideas for balancing competitions for us which they tend to win of course'*

*'We are having great fun here in Shanakill. We got our pack Tuesday and spent most of yesterday afternoon playing. Dining room table has a new purpose'*

*'We are really loving the challenges and the instructions were so easy for the kids to pick up and follow.'*

*'Really enjoying the fun new challenge'*

*'Just wanted to say thanks for sending out the table tennis pack, we haven't had as much fun in a long time, what a super idea, the competition is mighty!!'*

*'It's getting us up and moving and most of all having fun.'*

## Activities Coming Soon to West Waterford!

Waterford Sports Partnership has many activities planned for the coming months . . .

### West Waterford Women's **Stretch & Stride Programme**

Do you want to feel fitter and increase your energy levels?  
Would you like some 'you' time in a relaxed social setting?  
Our four week 'Stretch & Stride' programme, which will include aerobic exercises and yoga, will be delivered outdoors by two qualified tutors.

**Starting Tuesday 25th May | 10 to 11am @ Affane/Cappoquin GAA Club**

€10 per person | Book on [www.eventbrite.ie](http://www.eventbrite.ie) now!



### Men's Health Week 2021

To celebrate Men's Health Week, which runs from **Monday 14<sup>th</sup> to Sunday 20<sup>th</sup> June** we are running a number of **FREE** taster sessions in West Waterford as follows . . .

FREE TASTER	DATE	TIME	VENUE/MEETING PLACE
<b>YOGA</b>	Monday 14 <sup>th</sup> June	6.15 - 7.00pm	Via Zoom
<b>FISHING</b> <i>All equipment provided</i>	Monday 14 <sup>th</sup> June	6.30 - 8.00pm	Cappoquin Salmon & Trout Anglers Association
<b>MEN ON THE MOVE</b>	Tuesday 15 <sup>th</sup> June	6.15 - 7.15pm	Cappoquin Railway FC
<b>ROWING</b> <i>All equipment provided</i>	Wednesday 16 <sup>th</sup> June	6.30 - 8.00pm	Cappoquin Rowing Club

For more information and to book your place, please visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie).  
Places are limited so please book early to avoid disappointment.

## Come & Try West Waterford

We are running a series of 'Come & Try' sessions for Adults & Children this July in partnership with local clubs.

**PLACES ARE LIMITED SO BOOK EARLY TO AVOID DISAPPOINTMENT!**

<b>Come &amp; Try Kayaking</b> <b>FREE TASTER</b> <i>all equipment provided</i>	Monday 5 <sup>th</sup> July 6 to 7.30pm	Adults	<b>Want to try Kayaking?</b> Join us for an introductory session on the beautiful Blackwater.	Villierstown Boat Club
		Children aged 8 to 14		
<b>Come &amp; Try Rowing</b> <b>FREE TASTER</b> <i>all equipment provided</i>	Monday 12 <sup>th</sup> July 6 to 8pm	Adults	<b>Want to try Rowing?</b> Join us for an introductory session and learn from the experts!	Cappoquin Rowing Club
		Children aged 8 to 14		
<b>Come &amp; Try Fishing</b> <b>FREE TASTER</b> <i>all equipment provided</i>	Monday 19 <sup>th</sup> July 6.30 to 8pm	Adults	<b>Want to try Fishing?</b> Join us for an introductory session & learn all about this great leisure activity!	Cappoquin Salmon & Trout Anglers Association

For more information and to book your place, please visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) or [www.eventbrite.ie](http://www.eventbrite.ie)

## OVER 50's - Walk West Waterford this July

We are hosting a series of walks for over 50's in West Waterford this July.

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



**Monday 5<sup>th</sup> July @ 10.30am**  
**Cappoquin GAA Club**  
 'Explore the new Community Walkway'  
 Meeting at Cappoquin GAA Club



**Tuesday 6<sup>th</sup> July @ 10.30am**  
**Glenshelane Woods Walk**  
 'A feast for the senses'  
 Meeting at the car park at the woods



**Wednesday 7<sup>th</sup> July @ 10.30am**  
**Villierstown Village**  
 'Enjoy the charm of this picturesque village'  
 Meeting at Villierstown Community Centre  
 (Old Church)



**Thursday 8<sup>th</sup> July @ 10.30am**  
**Ballysaggart Towers**  
 'Explore this stunning heritage site'  
 Meeting at the Car Park at the Towers

**COST €5pp | LIMITED PLACES | PRE-BOOK NOW on [www.eventbrite.ie](http://www.eventbrite.ie)**

### 2) Well-trained people to develop the capacity of sport

One of the key areas to ensure sustainability for the project is to train local people within the community to deliver safe physical activity opportunities to all. Despite the restrictions of lockdown, WSP were happy to deliver Safeguarding 1 Basic Awareness courses to 19 coaches from 5 local clubs and Safeguarding 2 to 4 coaches from 3 local clubs.

*Check out the Calendar on Page 14 for upcoming courses.*

### 3) Strong organisations are created and sustained

**Waterford Sports Partnership Club Grant:** Our 2021 Return to Participation Grant Scheme will be open for applications from West Waterford clubs and organisations to increase opportunities for people to participate in organised sport and physical activity in a safe environment. *See Page 13 for more information.*

### 4) Quality facilities are supported

Waterford Sport Partnership aims to assist local projects that will benefit the local community to become physically active. So far WSP has assisted the following organisations:

- ⇒ **Cappoquin Rowing Club:**  
Purchase of a new Trimmy boat to allow access for children, beginners and people with a disability.
- ⇒ **Cappoquin AFC:**  
Assistance with funding for promotion of a new walking area around the pitch for the local community.
- ⇒ **Affane/Cappoquin GAA Club:**  
Assistance with planning and funding for the community walkway around the perimeter of the club grounds.
- ⇒ **Villierstown Community Centre:**  
Purchase of two indoor bowling mats and five indoor table tennis tables for use by the local school and community.
- ⇒ **Villierstown Boat Club:**  
Purchase of kayaking equipment to allow more use for children and the local community.

**f** LIKE US ON FACEBOOK!

**PLEASE FOLLOW**  
 CLV Hub - Facebook Page

Where you can keep up to date with upcoming events and activities!

Sports Development Officer Peter Jones is leading this project on a part time basis. For further information or if you have any questions in relation to the Rural Sports Hub please contact: Peter Jones, Hub Development Officer on 087 101 5130 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



Our normal busy schedule of activities did not take place over the autumn 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. 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)



LIKE US ON  
FACEBOOK!

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:

**Brian O'Neill on 086 0201219**  
or email  
[boneill@waterfordsportspartnership.ie](mailto:boneill@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!



## Sports Inclusion & Disability Awareness Training

Since January we have delivered four Sports Inclusion & Disability Awareness online courses. This CARA certified online workshop is designed to create a greater awareness of the area of disability and how to include people with disabilities in sport and physical activity. This 90 minute workshop covered many topics such as understanding disability, perceptions, communication and inclusion.

On completion, all participants received a Sport Ireland and CARA endorsed certificate of attendance.

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

## LET'S MOVE

In Spring 2021, we ran a 'Let's Move' Programme for participants from Rehab Care Waterford Vita tutored by Shane Dineen. The programme ran over twelve weeks online, via zoom. Thirteen participants from Rehab Care Waterford Vita logged on each week from 11-12pm with the aim of getting fitter and stronger. Well done to all the participants who took part and a big thank you to Shane who put the group through their paces each week!

## FUN FITNESS

### at St. John's Special School

In February, St. John's Special School undertook four weeks of online zoom fitness classes with tutor Jamie Knox. The students were still being homeschooled at the time and each week they logged on to take part in Jamie's exercise session. Jamie brought the class through various exercises, working on their upper and lower body and also teaching them exercises that they could do in their own time. It was great to see the whole school and their teachers getting involved! Thank you to Jamie for running another great programme!



## GET FIT @ HOME with Déise Dragons

In partnership with IWA sport and Déise Dragons Multi Sport Club we ran a four week 'Get Fit @ home' Programme for the club members. Over the course of the four weeks, coach Tara from IWA-Sport led the online fun fitness classes; it was great to see all the family getting involved in the exercise sessions. Well done to Déise Dragons and thank you to IWA-Sport for running the programme.



More great photos from Little Vikings Special Olympics Club!

**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

**Whitestransd Foróige Club**

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



**Little Vikings - Special Olympics Club**  
for children with an intellectual disability, aged 4-12years  
Contact: membershiplittlevikings@gmail.com

# HANDCYCLES Available ON LOAN

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



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



## Summer Camp Access Programme 2021

for Children aged 8-13 years old with mild to moderate disabilities\*

Please note the age range of the camp your child would like to attend.

Assistance is available for the following Camps:

**FAI Summer Camps | GAA Cúl Camps | Children's Group Link**

All camps are outdoor with no indoor facility available.

Please register your interest via [www.eventbrite.ie](http://www.eventbrite.ie) (from 26.05.2021)

**Closing date for applications is Friday 11<sup>th</sup> June.**

For more information please contact:

Rachel Sinnott [rsinnott@waterfordsportspartnership](mailto:rsinnott@waterfordsportspartnership)

\*Please be advised that due to COVID-19 restrictions this year, the number of camps available and spaces on those camps are limited. In line with current Government guidelines, all summer camps will be held outdoors. In turn this means that camps may not have suitable grounds/surfaces to be fully accessible for all disabilities this year. Please check directly with the camp organisers.

# DISABILITY CALENDAR 2021

**PLEASE NOTE: Activities may change in line with COVID-19 guidelines.**

**Please contact Rachel on 087 7396050 for an update.**

Programme	Date /Time /Location	Description	Cost/Booking
<b>PITCH &amp; PUTT</b>			
	<b>Tuesday 1<sup>st</sup> June to Tuesday 29<sup>th</sup> June</b> (4 week block) 11.30am – 12.30pm Waterford Regional Sports Centre	<b>Adults Mild to Moderate Intellectual Disability</b> We are teaming up with Ryan Madigan PGA with Waterford Castle Golf Club to deliver a number of 4 week pitch and putt sessions for adults with a mild to moderate intellectual disability. Ryan will teach participants some of the basics such as putting and chipping during the programme.	€20pp per 4 week Block (Includes clubs & balls) <b>Booking Essential</b>  <b>Please contact Rachel on 087 7396050</b>
	<b>Tuesday 6<sup>th</sup> July- Tuesday 27<sup>th</sup> July</b> (4 week Block) 11.30am – 12.30pm Waterford Regional Sports Centre		

## 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

<b>Disability Awareness in Sport Training</b>	This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.
<b>Sports Inclusion &amp; Disability Awareness Training - Online Course</b>	This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity. On completion of the course all attendees will receive a Cara Certificate of Participation endorsed by Sport Ireland.
<b>Disability Inclusion Training</b>	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> (online option available)	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> (online option available)	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.



**Follow 'Waterford SportsAbility' on Facebook!**

## FOR MORE INFORMATION ON DISABILITY SPORT

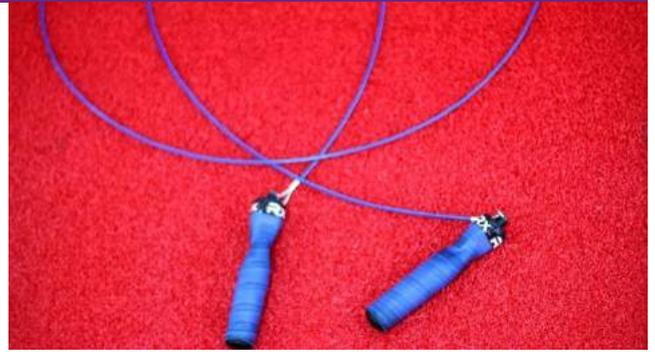
*Please contact:*

**Pauline Casey on 076 110 2682 or email [pcasey@waterfordsportspartnership](mailto:pcasey@waterfordsportspartnership)  
or Rachel Sinnott on 087 739 6050 or email [rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie)**

## Schools Skipping Programme

Several schools have taken part in our on line Schools Skipping Programme. Supported by Mark McCabe of Skip'N'Rope, the programme provides each student with their own rope and tutorial videos on how to Skip safely and with correct technique. Skipping is an excellent activity that can be implemented during restrictions as;

- ⇒ No sharing of equipment required
- ⇒ Social distance can be adhered to at all times
- ⇒ It can be done both indoors and outdoors
- ⇒ It has many health benefits



**If your school, group, club would like some assistance in implementing a Skipping Programme at your school, please contact Brian O'Neill on 086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**

## Non Contact Rugby

In Partnership with Munster Rugby, we began implementing our non contact Rugby programme in schools as soon as restrictions were eased. First on the list were Fews and Scoil An Bhaile Nua National in Kilmacthomas. Strictly adhering to HSE guidelines, the programme involves evasion and relay games and focuses on movement and participation, as opposed to the skills of Rugby. Fantastic to see the children fully engage in outdoor activity again!

**For more information please contact: Brian O'Neill on 086 020 1219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).**



## FAI Youth Coaching Course

We funded an FAI accredited PDP One Online Coaching Course for 13 young coaches, ranging from 16-21 years of age. Facilitated by FAI Development Officers Gary Power and Will Kinsella.



The course is designed to assist coaches to plan, organise and implement FUN game-orientated activities. With the emphasis on FUNdamental movement skills and the development of young players aged 6-9 years, the course aims to provide coaches with the ability to create a fun, safe and enjoyable environment for children. Great to see these Football players begin their coaching pathway at such an early stage. Thanks to Gary and Will for delivering this course online and well done to all the young coaches for taking part!

## READY TO RESTART

### Boxing Coaching Webinar Series

In collaboration with the IABA Munster Boxing Council, we hosted a fantastic FREE Webinar Series targeted at Boxing Coaches.

Delivered once a week over four weeks, over thirty coaches attended the sessions.

#### Topics included

- ⇒ Concussion
- ⇒ Sports Psychology for Coaches
- ⇒ Coaching with the Youth System
- ⇒ How to implement a Positive Culture within your Club

Special thanks to our presenters, Derek O'Neill, Jenny Cody, Billy McClean and Tommy O'Mahoney. The feedback from the coaches who attended the series was excellent.

**Waterford Sports Partnership & Munster Boxing Council Webinar Series 2021**

**ON LINE BOXING WORKSHOPS FOR COACHES**

**READY TO RESTART**

<p><b>PRESENTATION ON CONCUSSION</b></p> <p><b>DEREK O'NEILL</b> Senior Physiotherapist at <b>UPMC</b> Sports Medicine &amp; Concussion Specialist</p> <p>6.45PM / 7.45PM WEDNESDAY 7<sup>TH</sup> APRIL</p>	<p><b>SPORTS PSYCHOLOGY FOR COACHES</b></p> <p><b>JENNY CODY</b> Sports Psychology Consultant, High Performance Coach Developer, Mental Skills Coach</p> <p>6.45PM / 7.45PM WEDNESDAY 14<sup>TH</sup> APRIL</p>	<p><b>MOTIVATIONAL / INSPIRATIONAL ADVICE FOR COACHES</b></p> <p><b>NICOLAS COSTE</b> Former I.A.B.A High Performance Boxing Coach</p> <p>6.45PM / 7.45PM WEDNESDAY 21<sup>ST</sup> APRIL</p>	<p><b>JUNIOR / YOUTH DEVELOPMENT</b></p> <p><b>BILLY MCCLEAN</b> Former I.A.B.A High Performance Youth Coach</p> <p>6.45PM / 7.45PM TUESDAY 27<sup>TH</sup> APRIL</p>
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All workshops delivered via Zoom platform and includes a Q & A session with each presenter  
Contact Brian O'Neill on [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie) or 086-0201219 to register for this Webinar Series

**FREE of CHARGE**

Waterford Sports Partnership Supporting Activity and Sport for All

SPORT IRELAND LOCAL SPORTS PARTNERSHIPS

WATERFORD SPORTS PARTNERSHIP

ciste na gcuirtas díomhaoin the disadvantaged accounts fund



## PROGRAMMES

- 50km Cycle Challenge
- Urban Hoops
- FAI Summer Camps
- Dance Programmes



### Discounted Bike Hire

We have a small range of hybrid and mountain bikes available for youth groups who wish to take their members out for a cycle.

For more information please contact Brian O'Neill on 086 0201219 or [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 21 years of age should any migrants wish to join your club. **For further information contact Brian O'Neill on 086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)**

## EQUIPMENT - FREE HIRE

Waterford Sports Partnership has a range of Sporting equipment for youth groups/organizations to borrow free of charge. **For more information contact Brian O'Neill on 086 0201219 or email [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 086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).**

## WSP Youth Coaching Fund

A limited coaching fund is available for any club who wish to get their members an accredited coaching qualification that will enable them to coach under-aged/juvenile players. Preference will go to coaches who wish to up-skill their qualification e.g. going from Level 1 to Level 2. **For further information please contact Brian O'Neill on 086 020 1219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).**

# USEFUL NGB CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
Athletics Ireland	Colin Byrne	087 0632326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
Association of Irish Powerchair Football	Donal Byrne	087 4117911	donal.byrne@cheshire.ie	
Badminton Ireland	Ficha Andrews	01 8393028	fandrews@badmintonireland.ie	www.badmintonireland.ie
Basketball Ireland	Ciaran O'Sullivan	0857610665	cosullivan@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 01 894 7914	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	Corraire Power O'Mahony	051 381403	waterfordwsac@gmail.com	www.iws.ie
Irish Wheelchair Association	Joanne Wall	087 137 1333	paul.ryan@iwa.ie	www.iwa.ie
Ladies Gaelic Football	Mary Halvey Gearoid 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	Liz Clifford	087 758 1214	liz.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 Aine Byrne (Special Projects Manager)	086 2577875 086 3486119	colinbuckley37@gmail.com wis@weighhtliftingireland.com	www.weightliftingireland.com



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

The screenshot shows the Waterford Sports Partnership website with the following content:

- KEEP WELL | KEEP ACTIVE** - A banner for a webinar series.
- Club Development Webinar Series 2021** - A central banner for a webinar series.
- NEW Walking APP** - A banner for a new mobile application.
- Are you ready to take on the 21 Day Walking Challenge?** - A promotional banner for a challenge.
- GET ACTIVE! STAY ACTIVE! FREE RESOURCES & VIDEOS** - A banner for free resources.
- Return to Sport Expert Group issues guidance to sports sector** - A news item dated 15 September 2020, discussing a Framework for Restrictive Measures to guide Ireland over the short to medium-term in managing COVID-19. The framework consists of 5 Levels, with the lower levels being activated when there is a low incidence of the disease, with isolated outbreaks, low community transmission. The higher Levels will be used to deal with higher incidences of the disease.
- Latest News** - A list of recent news items including 'Now Booking - Stretch & Stride Programme', 'Now Booking! Men on the Move 2021', 'WSP Club Development Webinar Series 2021', 'GET FIT @HOME Inclusive Fitness Programme', and 'Other Adults Exercise Programme - Get Active, Get Going!'.



## 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)

