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Operation Transformation 2022

Operation Transformation returns to our screens in January 2022 for its 15th series. Once again, the series is encouraging the Irish public to get active and get healthy over the course of the 8-week show giving the nation the tools they need to get moving, lose weight and feel great. Similar to other years, five team leaders from different parts of the country have been chosen to take part in the show. Viewers will be encouraged to follow a leader and join them on their fitness journey over the eight weeks.



Operation Transformation Waterford Walk

The Sport Ireland National Network of Local Sports Partnerships has teamed up with Operation Transformation once again this year to promote healthy living in 2022. Information on future activities and programmes for you to join will also be available on the day! Come along and join in the fun, bring family, friends and neighbours!

We are organising an Operation Transformation Walk

at

Affane/Cappoquin GAA Club Grounds

on

Sunday 16th January 2022 @11am

Join us for an accessible looped walk on the newly developed walkway around the club grounds, with 1 to 5km walk options.

Registration FREE on www.eventbrite.ie
FREE EVENT | ALL WELCOME!



WSP Operation Transformation Fund 2022

Waterford GAA Clubs are invited to submit an application for funding to support the organisation of a safe and accessible Operation Transformation Walk for club members and the wider community on **Sunday 16th January 2022 at 11am.**

Full criteria and link to the online application can all be found on our website. Please read the criteria carefully before applying.

Closing date for applications is strictly Monday 10th January 2022 at 5pm.

Please note: The fund is limited. Preference will be given to clubs that have signed up to the 'Ireland Lights Up' campaign and we will also aim to support a spread of venues across the county if possible.

For more details please contact:

Pauline Casey on 087 783 7385 or pcasey@waterfordsportspartnership.ie
or Sinéad Brannigan on 087 459 6179 or sbrannigan@waterfordsportspartnership.ie



At Your Local GAA Club

Waterford GAA Clubs encouraged to join the Ireland Lights Up' Walking Campaign

which returns in January 2022 in partnership with the GAA and Operation Transformation to ensure 'Ireland Lights Up' by turning on their floodlights during the eight-week broadcast of Operation Transformation which returns to our screens on 5th January 2022.

Participating GAA clubs will be asked to open their gates on any or all evenings for the duration of the campaign from Wednesday 12th January to Wednesday 2nd March 2022.

Find out more here:
<https://www.getirelandwalking.ie/irelandlightsup/>

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
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Karen Phelan
Communications Officer

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Suzanne Baumann
Administrator

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Jenny Brookes
Finance & Governance
Officer

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



Pauline Casey
Sports Development Officer
and Sports Inclusion Disability Officer
Phone: 0761 10 2682 | Mobile: 086 783 7385
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Brian O'Neill
Youth Sports Development Officer
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Rachel Sinnott,
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DEVELOPMENT OFFICER	FOCUS AREA/PROGRAMMES	BASED IN
Peter Jones	Programme Management Cycling	Dungarvan
Pauline Casey	Disability Women Walking Disability Awareness	Waterford
Brian O'Neill	Schools Youth at Risk Young People Sport Leader Safeguarding Carrickphierish Hub	Waterford
Rachel Sinnott	Orienteering Rowing Swimming Outdoor Urban Adventure Disability Rural Sports Hub	Dungarvan
Sinead Brannigan	Older Adults Men Club Development	Waterford
Elaine Mullan	Active City - Waterford	Waterford

Dungarvan Office: Civic Offices, Dungarvan, Co. Waterford | 058 21194
Waterford Office: Regional Sports Centre, Cork Road, Waterford | 151 849 2682

Playground Markings

We have been busy visiting schools around Waterford City and County for our Playground Markings.

Over the autumn, several schools availed of our Playground Markings initiative that encourages school children to be more physically active through play, on their break times. Playground markings can transform a plain, dull concrete playground into a bright, vibrant, engaging learning space for children to be active and creative.

To organise a consultation and plan your Playground Markings, please contact Brian O'Neill on 086 020 1219 or boneill@waterfordsportspartnership.ie.



Schools Skipping Programme

Numerous schools in Waterford City & County engaged in our online Schools Skipping Programme. Skipping is a fantastic, fun activity that has many benefits to young people. It's also an ideal activity for young people to engage in during these restrictive times 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

In partnership with SKIP'n'ROPE, the programme included 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 in the online Schools Skipping programme, contact Brian O'Neill on 086 020 1219 or email boneill@waterfordsportspartnership.ie.

Please note: Cost will vary, depending on the number of pupils.



Camogie Schools Programme

We assisted Waterford Camogie with their Camogie Schools programme. Students from Ballyduff Lower, Our Lady Good Counsel Ferrybank and the Mercy primary schools took part in this initiative. The programme covered a range of basic skills along with some fun based games. Thanks to WIT student placement coaches Ciaran Lane, Aoife Moore and Shauna Fitzgerald, for delivering on excellent, fun, safe activity, along with John 'Doxer' Burns, coach of Waterford Senior Camogie Team.

For further information on the Schools Camogie programme, please contact Sheila by email: chairperson.waterford@camogie.ie

Balance Bike Programme

Fews, St. Paul's, Newtown School, St. John of God's and Kilmacthomas National Schools all participated in our Balance Bike programme over the past few months. The aim of the programme is to develop and improve the physical literacy of young children through the use of balance bikes, aimed at pre-school, junior and senior infant's classes. The programme focuses on play and games both indoors and outdoors while developing the physical literacy of young children through ABC's- (Agility, Balance, Coordination). The programme includes tutorial videos on how the teachers can implement the Balance Bike Programme. **Contact Brian O'Neill on 086 020 1219 or boneill@waterfordsportspartnership.ie to book the Balance Bike programme for your school!**



NOW BOOKING!

Schools Cricket Programme

WSP, in collaboration with Munster Cricket, is offering a Schools Cricket Programme to four schools in the first quarter of 2022. The aim of the programme is to introduce 4th, 5th, and 6th Class primary school children to the sport of Cricket in a fun and supportive environment. The programme will be heavily subsidised by WSP and Munster Cricket.

The cost of the programme will be €100 and includes;



- ⇒ Four Coaching Sessions for four classes, one a day a week, for four weeks (16 sessions in total)
- ⇒ A Cricket Resource Pack and Cricket Kit
- ⇒ Teacher support in delivering this activity.
- ⇒ FREE Entry for teachers to the 5-11yrs Cricket Ireland Coaching Kids course in April
- ⇒ Opportunity to compete in a schools Blitz
- ⇒ A link to a local Cricket club for interested participants

Teachers must commit to taking part in the sessions with the Cricket Coach to be selected for this programme, to ensure this activity is sustainable in the school.

If your school is interested in being one of the four schools where the Cricket Programme is run, please email Brian; boneill@waterfordsportspartnership.ie to register your interest.

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 four hour 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.

NOW BOOKING! Orienteering Teacher Training

Friday 4th February | 9am - 1pm | WIT Arena, Carriganore, Waterford.

Cost: €50 without school mapped or €70 if school also needs to be mapped

To register or for more information please contact Rachel Sinnott on 087 739 6050 or email rsinnott@waterfordsportspartnership.ie

OPPORTUNITIES FOR PRIMARY SCHOOLS IN 2022

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 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**



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.**



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.**



Balance Bike Programme

This programme aims to develop and improve the physical literacy of young children through the use of balance bikes. It is appropriate for children in pre-school, junior infants and senior infant's classes. Waterford Sports Partnership invites schools to contact us and register your interest in the Balance Bikes. A teacher training session can be accessed online and bikes will be available to use for 3 weeks thereafter. The school will have the use of 15 bikes and 15 helmets to roll out the programme. **Please contact Brian O'Neill on 086 020 21219 or boneill@waterfordsportspartnership.ie for more information.**



The **Tackle Your Feelings Campaign** is a mental health and well-being campaign that empowers and supports young people to take control of their mental well-being. Resources available cover happiness, nutrition, optimism, self care and resilience. **For more information visit www.tackleyourfeelings.com/schools/**

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 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:
- An *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

Positive Ageing Week

Positive Ageing Week ran from the 27th September to the 1st October. WSP worked in partnership with Waterford's Older Peoples Council to co-ordinate a number of activities across Waterford City & County. Places filled up fast for almost all of the activities, and it just goes to show the great appetite that's out there to get out and moving and socialising following the periods of restrictions due to COVID-19. The activities that were co-ordinated and delivered by WSP included: tutor led walks, guided tours, rowing and lawn bowling. These activities were available all across the county, Cappoquin, Lismore, Dungarvan, Stradbally, and Waterford city. In total, 70 people participated in these organised opportunities over the course of the week. We also supported Waterford's Older Peoples Council to run additional guided walks which proved very popular in Portlaw and Tramore. Thank you to everyone that played a part to create a week full of adventure, fun and activity. Well done to all the participants for getting out and joining the Positive Ageing Week activities!



St. Paul's ARA Winter Indoor Bowls League 2021/2022

We were delighted to be able to support St. Paul's ARA to develop resources that are much needed for the running of their Winter Indoor Bowls League in the Cill Barra Community Sports Centre. The men involved commit a lot of effort and time to organise a fun and competitive league for approximately 30 people every week for ten weeks. The league was due to commence in November, but it has now been postponed to early 2022 due to COVID-19. We would like to wish the organisers and all of the participants the very best of luck with the competition in 2022.

FUNDING



Age & Opportunity National Grant Scheme 2021

Age & Opportunity Active National Grant Scheme 2021 did not open for applications in September as it normally would. Instead, they've decided to carry the grant to February 2022 for a number of reasons. Firstly, due to the impact of COVID-19, most groups have not yet had the opportunity to spend their grant monies from 2019 or 2020. Opening the grant in February 2022 will allow more time for those to use their previous grant monies.

Secondly, going forward, the National Grant Scheme will open at the beginning of each year. **So, this time only, the 2022 grant will include the 2021 grant.** This will see more grant money available which will allow more applications across other sectors like local sports clubs, leisure centres, sport providers, nursing homes and day care settings. All of these sectors have been particularly affected by COVID-19 and it is hoped that this grant can offer an extra boost and will encourage them to put programmes in place for older people. The aim of the grant has always been to increase levels of physical activity and sport by older people in all areas of society.

Let's Get Back to Bowling!

It was great to spend some time in October catching up with all the lawn and indoor bowls players across the county following such a long hiatus due to COVID-19. All of the groups reported that members are slowly returning to play the game, but there's still a push needed to get more members back in action, and new members are more than welcome to drop in to try out a game.

If you would like to try out a game of bowls find your nearest venue below:

St. John's Park | Butler Community Sports Centre Monday 11.30am – 1.30pm | €5pp includes tea/coffee.

Please bring a mask and a mug.

Call 051 876907 for more information.

Ballybeg | Cill Barra Community Sports Centre: Tuesday 10.30am to 12.30pm | €5pp includes tea/coffee

Please bring a mask and a mug.

Call 051 350 800 for more information.

Abbeyside | Causeway Tennis & Bowls Club

Free introduction available for anyone who would like to try lawn bowls. Call 087 995 4016 to book your free introduction session.





Walking Yoga

A positive response to a taster walk & yoga session during 'Her Outdoors' week led to the development of four walking yoga programmes across the county in November. The four programmes took place in Villierstown, Kilmacthomas, Dungarvan and Waterford City.

WHAT THE PARTICIPANTS SAID!

'It was great to get out.'

Mary

'What else would you be doing?'

Pat

'I didn't know what to expect, now I want to know when it's starting again?'

Damien

Each location offered something different to the 61 participants that came along to the programme. The walk locations gave participants the opportunity to explore wildlife, woodland or to connect with the sea. All of the tutors that were recruited to deliver the programme were from each of the walking locations, so they knew their surroundings and had the ability to add the best aspects to their session.

The yoga elements were subtly added and it was adaptable to all abilities. There was no mat needed and all the participants could comfortably try all the poses whilst standing. Thank you to all our Yoga Tutors for delivering a varied yoga session each week: Blathnaid (Villierstown), Kiara (Dungarvan), Sarah (Kilmacthomas), and Tracy (Waterford City). Our thanks also to the COVID-19 officers that attended the programmes to ensure all sessions ran safely: Sara, Stephen and Madeline.



Activator Pole Trainers Workshop

What are Activator poles? Activator poles are modifications of Nordic Walking poles and designed to accommodate the needs of people with balance concerns or stability issues.

In December, we co-ordinated a workshop for WSP staff, tutors and physical activity leaders on the recommended use of the activator poles and how to plan and lead an exercise programme using the poles outdoors. The workshop was delivered by Frank Fahey (Fit Walk Ireland). The workshop was both theory and practical based. The theory session was delivered online and the practical session was delivered in person in Kilmacthomas. In total 8 WSP tutors and 1 WSP staff member attended the workshop and acquired the skills and knowledge required to deliver activator pole programmes. We're looking forward to supporting tutors that attended the training to pilot 'Activator Pole' Programmes across Waterford in early 2022.





Try something new
in 2022!

NOW BOOKING!

Come & Try Activator Pole Walking Outdoors

JOIN US FOR A FREE TASTER SESSION!:

Activator Pole Walking is suitable for adults of different abilities. We will explore how Activator Poles can improve your: **Aerobic Fitness | Mobility | Strength | Balance**

Monday 17th January @11am at Affane/Cappoquin GAA Club

Tuesday 18th January @11am at Kilbarry Nature Park, Waterford

Wednesday 19th January @11am meeting at Rainbow Hall, Kilmacthomas

Thursday 20th January @11am meeting at the fountain in Walton Park, Abbeyside, Dungarvan

Saturday 22nd January @10am meeting at the bandstand in the People's Park, Waterford

FREE SESSIONS | Book on www.eventbrite.ie

For further information please contact:

Sinéad Brannigan on 087 459 6179 or email sbrannigan@waterfordsportspartnership.ie

WHAT'S ON?

FITNESS CLASSES & SPORTING OPPORTUNITIES

Here is a flavour of what's on offer across Waterford City & County . . .

LOCATION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MORE INFO
Waterford City	Ballybeg Cill Barra Community Sports Centre	Over 55's Exercise Session @9.15am €4pp	Indoor Bowls @10.30am €5pp					Call Reception 051 350 800
	St. John's Park Butler Community Sports Centre	Circuit Training @10.15am		Chair Based Exercises @11am	Gentle Mat Pilates @11am	Flexibility & Mobility @11am		Call Anna 087 288 1173
		Indoor Bowls @11.30am	Supervised Yoga @6.30pm		Supervised Yoga @10am	Supervised Yoga @10am		Call Reception 051 876 907
	City Centre Spirit Leisure Centre		Aqua Aerobics @10.30am €8pp		Aqua Aerobics @10.30am €8pp			Call Reception 051 840 744
	Tramore Road (near Smyth's Toy Store) Barry's Fitness	Pilates @ 12.30pm *must purchase course				Female Active Retirement Exercise Class @ 10am €10pp		Call Barry 086 370 8614
Tramore	Splashworld		Aqua Aerobics @9.15am €6pp		Aqua Aerobics @ 9.15am €6pp			Call Reception 051- 390 176
Kilmacthomas	The Joyful Wren, The Workhouse.		Yoga All Levels @9.45am €10pp		Yoga All Levels @11am €10pp		Yoga All Levels @8.45am €10pp	Call Sarah 087 775 7265
Dungarvan	MOVE Dungarvan		Circuits @9.30am €10pp		Circuits @9.30am €10			Call Reception 085 260 6736
West Waterford	Various Locations	Blathnaid Foley of Just B YOGA offers: Hatha Yoga classes incorporating stretches, classic poses and gentle relaxation. Chair yoga focusing on breath work and moving the joints. Yoga walks enjoying fresh air and a connection to nature. All classes are led in a gentle, light and relaxing manner. Online classes via zoom which can be accessed and enjoyed from the comfort of your own home.						Call Blathnaid 087 207 6189

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'

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 email sbrannigan@waterfordsportspartnership.ie

Me & My Family Go Orienteering

In partnership with St. Stephen's De La Salle and their home school liaison officer, Mrs Robinson, we ran two 'Me and My Family Go Orienteering' Programmes for both the junior and the senior side of the school. Each programme lasted three weeks, introducing the boys and their families to orienteering in the People's Park. The families worked together to complete both the permanent and virtual courses. Well done to the fourteen families that took part each week!

For more information on Orienteering please contact Rachel Sinnott on 087 739 6050 or email rsinnott@waterfordsportspartnership.ie



ORIENTEERING

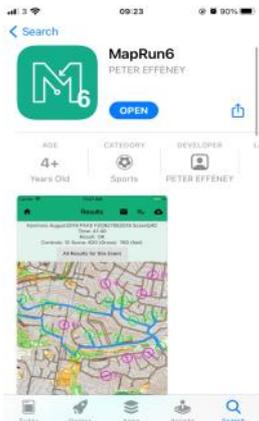
Virtual Orienteering- MapRun-6

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 eleven courses available located in;



- ⇒ Ardmore
- ⇒ Ballinakill Woods
- ⇒ Dungarvan
- ⇒ Dunmore East
- ⇒ Lismore
- ⇒ Passage East Heritage Course
- ⇒ Portlaw
- ⇒ Tramore Sand Dunes (advanced)
- ⇒ Tramore Inclusion Park
- ⇒ Tramore Town
- ⇒ Waterford City

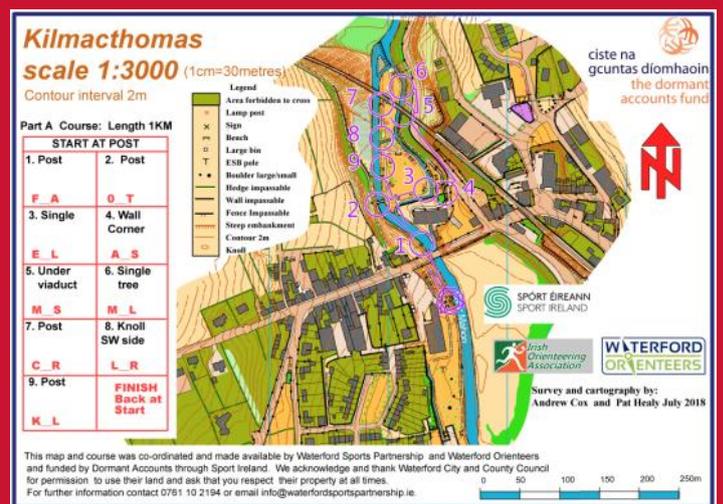
To read more on how to use the app and on the permanent courses, please visit our website, www.waterfordsportspartnership.ie.

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: www.waterfordsportspartnership.ie/orienteering/

Let's Run 0-5km Podcast

Over 20 women took part in our FREE Lets Run 0-5km Programme which ran via our very own Podcast last September. Pauline Casey, WSP Sports Development Officer, took participants through six weekly training sessions which included a brisk walk to warm up followed by a combination of alternating short walks and runs. The podcast reduced the barriers to exercise as it is flexible allowing participants to get their session done at a time that suited their work/life schedule and allowed participants to progress at a pace that was comfortable to them.

It is never too late to kick start your 5km Journey this New Year. Why not check out the FREE Podcast on www.waterfordsportspartnership.ie. All you need is a smart phone, headphones, comfortable footwear and most importantly some real determination. **For more information on the podcast please contact Pauline Casey on 086 7837385 or email pcasey@waterfordsportspartnership.ie**



Huge congratulations to Mary, Margaret and Friends, who completed their first 5km run in November using our Lets Run 0-5km Podcast. Why not follow in these amazing ladies footsteps and start your 5km journey.



Women on the Move

We were delighted to get Women on the Move back up and running again before Christmas in Carrickphierish Sports Hub. Thirty women participated in this six week indoor programme which was facilitated by WSP Tutors Shane Dineen and Emily Nolan. Woman on the Move is suitable for all fitness levels and focuses on cardiovascular fitness, increasing your strength and improving your muscle tone. We will be running Women on the Move again this January in three locations across Waterford City & County for five weeks as follows;

NOW BOOKING! WOMEN ON THE MOVE

Five Week Programmes **Starting Monday 17th January**

Carrickphierish Sports Hall, Gracedieu, Waterford | 7 to 8pm

Cappoquin Community Centre | 7 to 8pm

Rainbow Hall, Kilmacthomas | 7.15 to 8.15pm

€20pp | LIMITED PLACES | BOOK NOW ON WWW.EVENTBRITE.IE

For more information please contact Pauline on 086 7837385 or email: pcasey@waterfordsportspartnership.ie

Learn to Love Fitness

We were delighted to get the opportunity to team up with Move Dungarvan to pilot a Learn to Love Fitness programme for women in the Dungarvan area. This programme ran over six weeks on a Wednesday night from 6.30-7.30pm and was led by Gym owner Kenny Murphy and staff Ross Browne. The lads introduced women to the gym environment teaching the women how to use the various machines and taking the fear out of lifting any weights. Feedback from the programme has been fantastic with the women now more confident to join the gym and continue on their fitness journey.



NOW BOOKING!

Lunch Time Learn to Love Fitness

FIVE WEEK PROGRAMME @ MOVE Dungarvan

Starting Wednesday 19th of January | 1.10pm to 1.50pm.

After each session participants will be provided with a healthy lunch

before they head back to the office or on the school run.

€50pp | LIMITED PLACES | BOOK NOW ON WWW.EVENTBRITE.IE

For more information please contact Pauline on 086 7837385 or email: pcasey@waterfordsportspartnership.ie

Menopause Workshop

In November, we partnered with Irene Clarke, Fitness Specialist & Menopause Coach, to pilot a training and education webinar for the women of Waterford. Irene delivered an interactive session focusing on the **Impact of Menopause on Physical Activity**. Over 20 participants attended on the night where Irene covered topics including;

- ⇒ What is menopause and how can it affect our physical activity?
- ⇒ What are the best activities to do and how much should we be doing?
- ⇒ Along with Nutrition tips to keep you fuelled

Feedback on the night was fantastic with many participants looking for more information or where they can get started with physical activity.



Women's Week 2022

To celebrate International Women's Week we are hosting two webinars:

The first webinar will take place on **Tuesday 8th March** to celebrate International Women's Day.

This seminar will look at **'Understanding the Female Athlete'** and will be presented by Orna & Niamh Murray from Move2B.

Our second webinar will take place on **Thursday 10th March**

with Irene Clarke Menopause Coach who will explain the

'Benefits of Exercise During Menopause'.

Irene will educate participants on Menopause and give tips and tricks on how to thrive and not just survive through this stage of life.

The Webinars will be held via Zoom | Cost: €5pp | Book your place now on www.eventbrite.ie.

For more information please contact Pauline on 086 783 7385

or email pcasey@waterfordsportspartnership.ie



Buggy Buddies

Buggy Buddies is back this Spring and is coming to a location near you. This is a five week exercise programme aimed at mums and their little ones (2 to 12 months). This is a one hour session consisting of a mixture of resistance, core and cardio exercises. We ensure a fun social environment where you can meet like minded women and train together with your little ones. Buggy Buddies will run in the following locations;



Buggy Buddies

WATERFORD

FIVE WEEK PROGRAMME | €20pp

Starting

Tuesday 8th March @11am

at Waterford Regional Sports Centre

Buggy Buddies

DUNGARVAN

FIVE WEEK PROGRAMME | €20pp

Starting

Thursday 10th March @11am

Meeting at the fountain in Walton Park

PLACES ARE LIMITED | FIRST COME FIRST SERVED | BOOK NOW ON WWW.EVENTBRITE.IE

For more information please contact Pauline Casey on 086 783 7385 or email pcasey@waterfordsportspartnership.ie



Waterford Camogie Initiative

We are delighted to be working in partnership with Waterford Camogie to support the Waterford Camogie Initiative for girls born in 2008/2009. Girls born in these years are invited to take part in a five week participation programme that will start on Saturday 22nd January in WIT Arena. For health and safety reasons, there will be two blocks of training: 9.30 to 11am and 11.30am to 1pm.

Parents will be invited to attend a zoom meeting online the week before the initiative starts.

Places for this initiative usually fill up very fast, avoid disappointment and book today on www.eventbrite.ie. For more information please contact Sheila (Waterford Camogie Chairperson) on 086 367 3873.

Men on the Move

Men on the Move resumed in September at the Regional Sports Centre (RSC) in Waterford. Seventeen men signed up to take part in the six week programme. WSP Tutors Sara Hearne and Jess Connery incorporated a mixture of mobility, cardiovascular and resistance exercises to help all of the men involved to improve their fitness levels.



In November, we co-ordinated the final Men on the Move Programmes for 2021, we reintroduced the programme to Dungarvan and restarted the programme at the RSC.

Twenty participants signed up to take part in the six week programmes. Emily Nolan joined our tutor team and along with Sara Hearne they delivered a fun weekly session to both groups that incorporated a variety of different exercises adaptable to all fitness levels.

NOW BOOKING!

Men on the Move @ the RSC
Five Week Programmes
Starting Monday 17th January | 10 to 11am
or
Starting Thursday 27th January | 6.15 to 7.15pm
€20pp | Register on www.eventbrite.ie

NOW BOOKING!

Club Men on the Move
@Mount Sion GAA Club
Six Week Programme
Starting Wednesday 19th January | 6.15 to 7pm
€10 for members | €20 for non-members | Pay on the night
Register your interest on www.eventbrite.ie



MEN ON THE MOVE @ YOUR CLUB

We are currently looking for expressions of interest from **local clubs** that would be interested in running a **Men on the Move Programme** for their **non-playing club members**. If your club is interested, please contact: **Sinéad Brannigan on 087 459 6179 or sbrannigan@waterfordsportspartnership.ie**

National Walking Day 2021

Get Ireland Walking National Walking Week took place on Monday 20th September to Sunday 26th with National Walking Day taking place on Sunday 26th September as part of European Week of Sport. National Walking Day aimed to celebrate the efforts of community walking volunteers and to promote the activity of walking at a local level in communities across Ireland. Since the start of the pandemic, the number of adults participating in recreational walking has reached levels unprecedented in the history of Sport Ireland research. Walking is a hugely accessible activity and has many benefits for both the body and the mind. We celebrated and promoted the power of walking over the course of the week via social media. Each day we focused on a specific area of celebration highlight various ways to walk, local walking heroes in the community, accessible walking trails and highlighting some hidden gems that we may have discovered while in lockdowns and have now been forgotten.



Introduction to Hill Walking

On Sunday 26th September we teamed up with Mountaineering Ireland to host an 'Introduction to Hillwalking' Training session to celebrate National Walking Day. The session took place in the Comeragh Mountain area with five eager participants who had discovered a love of walking over the past few months. The session was led by Mario MacRory who took participants through a mixture of theory and practical session with the emphasis on staying safe while out hillwalking. **For more information on staying safe while hillwalking check out www.mountaineeringireland.ie**



Online Safeguarding Training 2022 Courses Now Booking!



We continued to deliver our three hour online Safeguarding 1 Basic Awareness Course on the Zoom platform throughout 2021 receiving great feedback from participants regarding the interactive nature of the course. We also deliver the Safeguarding 2 - Club Children's Officer Course and the Safeguarding 3 – Designated Liaison Person Course online. We will continue to deliver these courses using the zoom platform in 2022.

Check out our Calendar of Training & Events on Page 16 to see upcoming dates for Online Safeguarding 1, 2 and 3 Training Courses. The course fee is €15 per person, all courses can be booked online on www.eventbrite.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.

For any further questions on this, please contact: Brian O'Neill on 086 0201219 or email boneill@waterfordsportspartnership.ie

Club Development Webinar Series 2021

WSP, in partnership with 2into3, hosted the fourth and final session of our 2021 Club Development webinar series on Monday 8th November on 'Effective Fundraising and Sponsorship Advice for Sports Clubs'. We were delighted with the engagement of the 14 people present who were representing 12 clubs from 10 different sports/organisations.



The webinar gave all participants an overview of effective and strategic ways that clubs can be more proactive in fundraising. Presenter Rob Foley, consultant with 2into3 and UCC lecturer gave an in depth delivery to participants about how to identify different fundraising streams and ways to think more strategically to insure clubs are successful. Part of the webinar included the chance for clubs to interact and learn from each other which was well received by all.

The video and slides of this seminar are available on our website www.waterfordsportspartnership.ie.

Here is a summary of our 2021 Club Development Webinar Series attended by 122 representatives from local clubs:

WEBINAR	NUMBER OF ATTENDEES	NUMBER OF CLUBS REPRESENTED
What Grant Funding is available locally and nationally for Waterford Clubs	62	53
Supporting Volunteers who Support Your Club	25	20
Effective Communications for Sports Clubs	21	20
Effective Fundraising and Sponsorship Advice for Sports Clubs	14	12

If you have any questions about our Club Development Webinar Series, please contact Peter Jones on 087 101 5130 or email: pjones@waterfordsportspartnership.ie.

National Bike Week 2021

National Bike Week 2021, funded by the Department of Transport, took place from Sunday 12th to Sunday 19th 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. Bike Week celebrates the many benefits of cycling and the Waterford steering committee coordinated 29 events. From city cycles and lunchtime leisure cycles to family cycles and online bike maintenance workshops, Bike Week had something for all ages and all abilities.



Teenagers from 13 to 17 years of age enjoyed a City Spin on September 15th. Others took in a free guided 10K spin around the city with free bike hire available. While in Dungarvan, the teen spin took place on September 16th at 5pm. Waterford Walls Cycle Tour was a guided tour of the magnificent Waterford Walls Street Art Murals on September 18th which was an exciting event as it was new and something we hadn't tried before.

WSP BIKE WEEK EVENT	NUMBER OF PARTICIPANTS
Online Bike Maintenance Webinar	43
Park and Pedal Workplace	2
Adult Social Cycle Dungarvan	9
Adult Social Cycle Kilmacthomas	5
Dungarvan Lunchtime Cycle	15
South East Spin	14
Ready Steady Pedal	7
Family Night Cycle	7
Youth Group Cycle	7
Waterford Walls Cycle	11
Mobile Bike Doctor (Free bike check-up)	14
Youth Group Cycle	4
Passage East ferry Cycle	6
TOTAL	144

SOME OTHER BIKE WEEK HIGHLIGHTS

- ⇒ The 30 mile Waterford to Wexford Cycle as this was the first time we ran this type of event.
- ⇒ The Dawn Cycle from Waterford City to Tramore again it was the first time that such an event took place and it was magical watching the sunrise.
- ⇒ South East Schools Challenge was well received and was an inaugural event that we hope to run again in the future.
- ⇒ The Waterford Walls Cycle was a great way for all to enjoy the magnificent Street Art Murals around Waterford designed by local and international artists.
- ⇒ Balance Bike Bonanza in West Waterford in which five schools (135 children) took part.
- ⇒ RSC Schools Cycling Festival with over 180 students taking part over two days with very positive feedback.
- ⇒ WSP's Brian O'Neill did an audio/video piece for 'The Big Breakfast Blaa' on WLR FM where Brian taught Vinny one of the radio presenters how to cycle, the piece got a great reaction across social media and the big message here was that you are never too old to learn to cycle a bike.

BIKE WEEK FEEDBACK

- 'A very enjoyable experience and worthwhile for the students'
- 'A great day and a great initiative'
- 'The funding allows Waterford students to explore the richness of their own locality'
- 'We enjoyed a fabulous day out on the Waterford Greenway as part of National Bike Week supported by Waterford City and County Council. We are so lucky to have such a wonderful amenity in our City'
- 'Fantastic week our school really enjoyed participating in the RSC event it was a great success'
- 'By teaching our children bike maintenance and bike skills, we give them a skill for life that can be enjoyed at any age'



Community Buy-in for Bike Week 2021

In 2021 the Waterford Bike Week Steering Committee once again advertised that funding was available to schools in the city and county to organise their own Bike Week events. This method has been successful in previous years. The Steering Committee offered advice, support and assisted in the promotion of these events, as well as directly organising some key group events over the course of Bike Week. This process worked very well. In all, 39 events took place across the City and County taking in a wide geographical area from Youghal Bridge to Faithlegg and Passage East.

Here is a summary of the events that took place

- ⇒ 14 schools were involved in organising events in conjunction with Waterford City & County Council, Waterford Sports Partnership, and An Tásice Green Schools, each school received between €200-€300 in funding.
- ⇒ Events were quite evenly spread over the course of the entire week. Therefore there was an event at a time and a place that suited those who wished to participate.
- ⇒ In total **1804** people directly took part in Bike Week organised events and initiatives. Countless more were aware of Bike Week through a sustained media campaign locally including regular press releases and photo shoots, internet, online distribution of posters, direct communication with cycling clubs, community groups, workplaces and the elected members.
- ⇒ Bike Week in Waterford is also a vehicle to highlight the 48km Waterford Greenway. This serves to add an element of sustainability to events that have taken place during Bike Week itself.
- ⇒ Unfortunately numbers taking part in some events were low this year due to COVID-19 restrictions but we would hope to see an increase in numbers next year should this initiative take place.

WATERFORD SCHOOLS IN RECEIPT OF BIKE WEEK FUNDING

Coolnasmear NS
Fews National School
Garranbane N.S.
Knockanore N.S.
Knockmahon N.S.
Newtown Junior School
Our Lady of Mercy N.S. Stradbally
Our Lady of Mercy Secondary School
Presentation Secondary School
Rathgormack N.S.
Scoil Gharbháin
St Ursula's Primary School
St. John of God School
St. John's Special School



JANUARY TO DECEMBER 2022 CALENDAR OF TRAINING & EVENTS

DATE	COURSE/EVENT	TIME	COST	VENUE
January 2022				
Monday 17 th January	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Friday 28 th January	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
February 2022				
Thursday 17 th February	Sports Inclusion & Disability Awareness Training	6 to 7.30pm	FREE	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 21 st February	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
March 2022				
Monday 7 th March	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Tuesday 8 th March	Understanding the Female Athlete	7-8.30pm	€10pp	ONLINE WEBINAR Book on www.eventbrite.ie
Thursday 10 th March	Benefits of Exercise During Menopause	7.30 to 9pm	€10pp	ONLINE WEBINAR Book on www.eventbrite.ie
Saturday 12 th March	Rescue Emergency Care - First Aid Training	9.30am to 4.30pm	€45pp	County Venue TBC Book on www.eventbrite.ie
Monday 16 th March	Safeguarding 2 - Club Children's Officer Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 28 th March	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
April 2022				
Thursday 7 th April	Safeguarding 3 - Designated Liaison Person Training Course	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Friday 8 th April	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
May 2022				
Monday 9 th May	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 16 th May	Safeguarding 2 - Club Children's Officer Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 23 rd May	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
September 2022				
Monday 19 th September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 26 th September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
October 2022				
Thursday 6 th October	Safeguarding 2 - Club Children's Officer Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Friday 14 th October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
November 2022				
Monday 7 th November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Thursday 17 th November	Safeguarding 2 - Club Children's Officer Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie

CHECK OUT OUR WEBSITE

For further information on courses and links to online booking

www.waterfordsportspartnership.ie

Please feel free to contact the office on 058 21194/051 849 682 for further information.

Physical Activity for People with Chronic Conditions (PACC) – Innovation Project Update

The PACC initiative involves a multi-stakeholder collaboration that was initiated in 2021 by Carlow, Waterford and Westmeath Sports Partnerships with funding secured under the 2020 Dormant Accounts Innovation Fund via Sport Ireland. Carlow, Waterford, and Westmeath Sports Partnerships have jointly applied to the 2022 Dormant Accounts Sport Innovation Fund with a view to extending the timeframe and potential of the selected pilot projects emerging from the work to date.

As an initiative, PACC evolved from a recognition of:

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

Since April 2021, a Core Stakeholder Group, involving the three participating Sports Partnerships; a Patient Reference Panel; the HSE; representatives from Athlone, Carlow and Waterford Institutes of Technology and a representative of clinically supervised exercise service-providers was created and have met regularly to plan, conceptualise and deliver the project.

PACC was planned to be delivered over two separate but interlinked phases. Phase I engaged the Core Stakeholder Group in a developmental and consultative process to inform the design and implementation of a series of pilot initiatives in Phase II. The intention is that the 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.

Four primary themes emerged consistently during the consultation phase across consultations with people with chronic conditions, health and social care professionals and professionals from the exercise and fitness sector. These concerned:

- the availability of structured and supported exercise services in communities;
- locally based capacity to deliver structured physical activity programmes for people with chronic conditions;
- the importance of information flow and
- the importance of efficient referral systems.

Though separate concerns, each of the themes is interlinked and success in respect of one is likely to impact positively on others.

Upon review and reflection by the Core Stakeholder Group, it was agreed to establish **three pilot projects** for implementation during Phase II of the project. The projects in question set out to address priority gaps in:

- community-based service availability by adapting and extending, in accordance with identified needs, an existing model of exercise provision for people with chronic conditions (ExWell), with a particular emphasis on increasing and broadening access to disadvantaged groups, reducing dropout, and enhancing communication and exercise referral between health professionals, participants and exercise providers;
- current capacity levels of exercise professionals by designing, delivering and evaluating a broad-based, multilevel accredited training programme that will be recognised by both the clinical and fitness sectors and that will enable exercise professionals to work confidently with people with a wide range of chronic conditions;
- information and referral processes by facilitating a formalised engagement process between healthcare professionals, social prescribers and community-based physical activity providers to increase the participation of individuals living well with chronic conditions within existing community-based physical activity initiatives.

All pilot initiatives have been selected to test new ways of working, capture learning and facilitate future replication and scalability in other areas of the country.

Planning has already commenced on each of the three projects and detailed project proposals and budgets have been prepared. Working groups from within the Core Stakeholder Group have been established, inclusive of a number of partner organisations from outside the Core Stakeholder Group, to plan, guide and implement the three projects from late 2021 up to April/May 2022.

PACC is premised on a commitment to innovation. The coming together of stakeholders from a variety of backgrounds – exercise, health, academic, patient – to consider, design and develop interventions to increase physical activity opportunities for people with chronic conditions also needs to be viewed as innovative in its own right. It has presented an example of how multidisciplinary groups can work effectively, recognising the strengths of all group members while also considering systemic gaps that need to be addressed collectively.

**For further information on this project, please contact Rosarie Kealy at 087 757 6579
or by email at rkealy@waterfordsportspartnership.ie.**

BACKGROUND TO THE WATERFORD ACTIVE CITIES PROJECT



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 and decrease inactivity, and create/maintain environments where sport and physical activity can happen ultimately working toward healthier lifestyles of their citizens. WSP was allocated €70,000 in late 2020 for the first year. In September 2021, **Elaine Mullan** was appointed as the **Waterford Active Cities Officer**.

What is Active Cities and why do we need it?

Only 34% of the population do the recommended 30mins of physical activity five days per week for adults, and this is even lower among children, those from disadvantaged areas and those with a disability. However, most say that they would like to be more physically active (Healthy Ireland Report 2019). While many groups and agencies already recognise the importance of daily physical activity, they have not the power to actually change the environment and systems that prioritise car-based living, and organised sport or gyms as the main physical activity options.

Active cities, therefore, is about helping people to be more active in their daily lives, through walking or cycling to work school or shops, doing active play and recreation and/or active sport, and about supporting and encouraging key stakeholders and decision makers to make Waterford a city that is designed to move.



What will it look like?

Active Cities aims to provide opportunities to do different types of activities and play outdoors, in parks and residential areas, and to ensure that all people can choose to walk and cycle safely, easily and pleasantly, day and night. This means that we need to make existing resources, like housing estate greens, parks and roads, active resources that enable people to get out and play, walk, do yoga, run, and just move more. Active Cities will also work with the Council's Active Travel Team who are working to make it easier for us to get about on foot or by bike. The aim is to make it easier for people to choose activity.

Who needs to be involved?

To achieve all of this, it is essential that we talk with people about what would help them and their families be more active in their transport, recreation and general daily life, and how they feel about making the change. At the moment, the core Active Cities group involves WSP Staff, the Active Travel Team from Waterford City & County Council, and Healthy Waterford.

In 2022, we aim to engage with and involve more groups representing different age groups, abilities, genders and places, and also broader representation from the council.



We also know that physical activity is just not on the radar for many, particularly those from disadvantaged backgrounds. We have some funding for running events and buying equipment/installations, and we need input from all these groups to know how best spend it, for the benefit of all, and for the longer term.

If you have any questions in relation to the Active Cities Project, please feel free to get in touch with;

Elaine Mullan | Active Cities Officer

on **087 117 8578** or by email **emullan@waterfordsportspartnership.ie**



A message from Rachel Sinnott your NEW Hub Development Officer

Hi everyone, I'm delighted to be taking over the role of Hub Development Officer from Peter, who I am sure you will agree has done an excellent job since the Hub started. I look forward to meeting all the various clubs, organisations and services within the communities and working with you to make physical activity accessible for all.

Please feel free to get in touch if you have any questions in relation to the Sports Hub on **087 739 6050** or email me at rsinnott@waterfordsportspartnership.ie

NOW BOOKING ...

FOOTBALL FOR ALL

In partnership with the FAI & Cappoquin Railway FC, we are running a five week Football for All Programme for children with a disability aged 6 to 14

Starting Saturday 15th January | 10 to 11am

@Cappoquin Railway FC

€15pp | Book now on www.eventbrite.ie

For more information please contact:
Rachel Sinnott on 087 739 6050 or
rsinnott@waterfordsportspartnership.ie



WOMEN ON THE MOVE

West Waterford

Women on the Move is suitable for all fitness levels and focuses on cardiovascular fitness, increasing your strength and improving your muscle tone.

JOIN US FOR THIS FIVE WEEK PROGRAMME

Starting

Monday 17th January | 7-8pm

at Cappoquin Community Centre

€20pp | Book now on www.eventbrite.ie

For more information please contact:
Rachel Sinnott on 087 739 6050 or
rsinnott@waterfordsportspartnership.ie

Positive Ageing Week in West Waterford

Positive Ageing Week (PAW) ran from the 27th September to the 1st October. PAW is an Age Action initiative to promote the agency of older people and to celebrate the contribution older people make to our families, workplaces, communities and society as a whole. In West Waterford, we focused on offering a number of local opportunities for the local community. We had some great success with lots of laughs and smiles.

Here is an overview of activities that local people took part in . . .



ACTIVITY	DATE	CLUB/TUTOR	FEMALE	MALE
Come and Try Tennis	Tuesday 28 th September	Lismore Tennis Club	3	0
Come and Try Rowing	Wednesday 29 th September	Cappoquin Rowing Club	3	0
Indoor Virtual Tour of Lismore Castle	Wednesday 29 th September	Lismore Heritage Centre	6	1
Guided Walk of Lismore Town	Wednesday 29 th September	Lismore Heritage Centre	7	2
Come and Try Outdoor Bowling	Thursday 30 th September	Causeway Bowls Club	7	4



NOW BOOKING! Come & Try Activator Pole Walking Outdoors

Try something new in 2022!

JOIN US FOR A FREE TASTER SESSION!:

Activator Pole Walking is suitable for adults of different abilities.

We will explore how Activator Poles can improve your:

Aerobic Fitness | Mobility | Strength | Balance

Monday 17th January @11am at Affane/Cappoquin GAA Club

FREE SESSION | Book on www.eventbrite.ie.

For further information please contact: Sinéad Brannigan on 087 459 6179

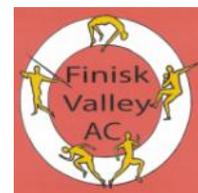
or email sbrannigan@waterfordsportspartnership.ie

Come & Try It - West Waterford

We had great success in June and July coordinating eleven events for 107 adults and children in the Hub area. As a result of this, we decided to coordinate 'Come and Try it' Weeks in the autumn to highlight the fantastic opportunities on offer to local people from local clubs in the three hub areas!

COME & TRY IT | VILLIERSTOWN

Despite COVID, the community of Villierstown has been very proactive in offering activities for local people. Whilst we have equipment and provision in place to use the Community Centre for Table Tennis and Indoor Bowling, due to COVID we were unable to run activities indoors (but watch this space for 2022).



'Come & Try It' Villierstown took place in early September. We are delighted that, as a direct result of this week, a Fit for Life Group was established, a four week outdoor yoga programme was delivered and membership of Villierstown Boating Club has increased significantly.

Here is an overview of activities that local people took part in . . .

ACTIVITY	DATE	CLUB/TUTOR	FEMALE	MALE
Come & Try Kayaking - Adults	Monday 6 th September	Villierstown Boating Club	3	2
Come & Try Kayaking - Children	Monday 6 th September	Villierstown Boating Club	4	3
Fun Athletics for Children	Wednesday 8 th September	Finisk Valley AC	14	11
Fit for Life Taster	Wednesday 8 th September	Finisk Valley AC	2	2
Outdoor Yoga	Friday 10 th September	WSP/Bláthnaid Foley	11	1



Fun Athletics for Children
Thanks to Finisk valley AC!



Kayaking for Children & Adults
Thanks to Villierstown Boating Club!



Outdoor Yoga
Thanks to tutor Bláthnaid Foley

Support for Local Clubs

New Covered Outdoor Area at Villierstown Boating Club

Over the past eighteen months, many indoor activities have been restricted due to the pandemic, Waterford Sports Partnership was delighted to support Villierstown Boating Club to purchase a covering for their outdoor area. This outdoor covering will enable the club, and other groups/services who use the Boating Club facilities, to continue their training or activity programmes in a safe manner which is not weather dependant. *The outdoor covering was installed in December all ready for use in 2022!*



COME & TRY IT | LISMORE

‘Come & Try It’ Lismore took place in late September. We were delighted to get indoor sports back up and running and the demand for badminton was huge.

Lismore Badminton Club did a great job and delivered four week follow on programmes for both adults and children. The opportunity to be active outdoors was also on offer for local people, with tennis, orienteering and walking. Lismore Tennis Club has seen a significant increase in their membership. It was also great to work with Lismore Heritage Centre and showcase some of the things they have to offer the local community.



Here is an overview of activities that local people took part in . . .

ACTIVITY	DATE	CLUB/ORGANISATION	FEMALE	MALE
Tennis for Beginners	Tuesday 21 st September	Lismore Tennis Club	9	1
St Declan’s Way Guided Walk	Wednesday 22 nd September	Lismore Heritage Centre	5	1
Women on the Move	Wednesday 22 nd September	Waterford Sports Partnership (wsp)	5	
Lismore Town Tour	Thursday 23 rd September	Lismore Heritage Centre	5	1
Badminton for Adults	Thursday 23 rd September	Lismore Badminton Club	9	3
Badminton for Children	Friday 24 th September	Lismore Badminton Club	4	4
Lismore Towers Historical Guided Walk	Friday 24 th September	WSP/Lismore Heritage Centre	10	0
Family Virtual Orienteering	Sunday 26 th September	WSP/Lismore Heritage Centre	12	9



Support for Local Clubs



Floodlights for Lismore Tennis Club

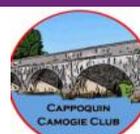
During our needs analysis with the people of West Waterford, one of the main barriers to people being active that was raised, was the lack of safe outdoor venues with lighting. Having worked with Lismore Tennis Club and seeing the membership base for men, women and children flourish. WSP, with support from WCCC was delighted to support the club to install floodlights for the tennis courts. This will not only allow Tennis to be played all year round, but also allow the area to be used for multiple outdoor activities in partnership with WSP to benefit the local community. *The Club hopes to have the floodlights installed early in the new year.*

CAPPOQUIN, LISMORE AND VILLIERSTOWN (CLV) COMMUNITY HUB

COME & TRY IT | CAPPOQUIN

Come & Try It' Cappoquin took place in early October, with a host of outdoor activities, run by local clubs, offered to the community.

We were delighted that we were able to incorporate indoor sports such as badminton, snooker and indoor rowing. As a direct result of these programmes, there were four week follow on programmes for indoor rowing and outdoor yoga and clubs saw an increase in their membership. A real highlight was the partnership with Cappoquin AFC, WSP and the FAI to offer opportunities for people with a disability. Watch this space for further opportunities in 2022.



Here is an overview of activities that local people took part in . . .

ACTIVITY	DATE	CLUB/TUTOR	FEMALE	MALE
Snooker for Men	Tuesday 5 th October	Cappoquin Snooker Club	0	4
Walk and Talk	Wednesday 6 th October	Affane/Cappoquin GAA	10	0
Indoor Rowing	Wednesday 6 th October	Cappoquin Rowing Club	4	2
Badminton for children	Wednesday 6 th October	Blackwater Badminton Club	2	3
Badminton for Adults	Wednesday 6 th October	Blackwater Badminton Club	3	3
Snooker for Women	Thursday 7 th October	Cappoquin Snooker Club	4	0
Camogie for children	Thursday 7 th October	Cappoquin Camogie	22	
Camán & Try It - adult taster	Thursday 7 th October	Cappoquin Camogie	3	
Outdoor Yoga	Friday 8 th October	WSP Tutor	11	0
Football For All <i>for adults & children of all abilities</i>	Sunday 10 th October	Cappoquin AFC / WSP / FAI	2	3



Outdoor Yoga

Thanks to WSP and Affane/Cappoquin GAA Club



Indoor Rowing

Thanks to Cappoquin Rowing Club!



Football For All

Thanks to Cappoquin AFC



Camán & Try It

Thanks to Cappoquin Camogie Club



We have a webpage dedicated to the Cappoquin, Lismore, Villierstown Sports & Physical Activity Hub on our Website, see www.waterfordsportspartnership.ie/west-waterford-rural-hub/ Check out the CLV Facebook Page - Search CLV Sport & Physical Activity Hub



If you have any questions in relation to the Sports Hub please contact Rachel Sinnott on **087 739 6050** or email rsinnott@waterfordsportspartnership.ie

Sports Inclusion & Disability Awareness Training

Since September, we have delivered two Sports Inclusion & Disability Awareness 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.



NOW BOOKING! Sports Inclusion & Disability Awareness Training
Thursday February 17th @ 6-7.30pm | Book now on www.eventbrite.ie

For more information, please contact Rachel Sinnott: rsinnott@waterfordsportspartnership.ie or call 087 739 6050.



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. We would like to increase the number of Waterford organisations signing up to the Charter.

For more information on the Charter or to sign up please go to www.caracentre.ie



Ready Steady Pedal

October saw participants from Anne Le Roy, Carriglea Services take part in our four week cycling programme. Starting off in Walton Park, we went back to the basics of cycling; improving on our stopping, signalling and each week the group improved on these cycling skills and most importantly their Greenway etiquette. On the final day of the programme the group cycled out to Barnawee Bridge and back, for some it was their first time cycling on the Waterford Greenway! A big thank you to Declan Kelly for leading the cycling sessions! Hope to see you all on the Greenway soon!

For more information on this programme please contact Rachel by email at: rsinnott@waterfordsportspartnership.ie

Bowls

In partnership with the Causeway Bowls Club and Carriglea Cairde Services, we ran a four week lawn bowls programme. A big thank you to Donal who taught the group how to play each week and helped them improve their skills. Carriglea services have continued to use the facility with some becoming members of the club.

For more information on this programme please contact Rachel by email at: rsinnott@waterfordsportspartnership.ie



Social Prescribing Walking Programmes

WSP teamed up with Get Ireland Walking and Waterford Social Prescribing to pilot two six week walking programmes. The two programmes ran on Tuesday mornings at 11am in The Peoples Park in Waterford City and in Walton Park in Dungarvan. Participants were referred through Social Prescribing Community Workers with the aim of improving their overall physical and mental health during the six weeks. Following each session participants had an opportunity to chat with like minded people over a cup of tea and coffee. Positive results from the programme have been visible right from the get go and many participants commented on how good they feel after taking part in the walk on a Tuesday morning. Well done to those who took part in this programme, we hope that you continue walking on a weekly basis.



Get Autism Active

Waterford Sports Partnership, with the support of Waterford Teacher Centre, ran a four part comprehensive online ASD (Autism Spectrum Disorder) and Fundamental Movement Skills training series over four evenings in September and October. The webinar series was developed and delivered by Dr Susan Crawford PhD, Autism Spectrum Disorder Consultant, Fullbright Scholar, Masters in Teaching & Learning, BScSport & Exercise Science, Registered Midwife and Registered General Nurse. The webinar series was well attended with 80 participants coming from a variety of settings including schools, pre-schools, sports clubs, leisure facilities and many parents of children with a disability.



The four part series covered the following topics;

- ⇒ Introduction to ASD
- ⇒ Introduction to Fundamental Movement Skills
- ⇒ Promoting and Maintaining participation in FMS programmes for students with ASD
- ⇒ Exploring The Get Autism Active programme

Feedback from participants was fantastic over the four evenings with participants eager to learn more. We hope to run a face to face practical session with Susan in 2022. Details will be confirmed in early 2022.

For more information on this training please contact Pauline on 086 783 7385 or email pcasey@waterfordsportpartnership.ie

Kick Start to Recovery Programme

The Kick Start to Recovery Programme has been growing in strength over the past number of years in Waterford. The programme was developed by the FAI in partnership with the HSE Mental Health Teams and with the support of the sports inclusion officers in Local Sports Partnerships to bring football into the lives of those with mental health difficulties. The programme allows the participants to use football as a platform for enabling them to improve their mental health as well as reaping many physical and social benefits. The programme is facilitated by Tommy Griffin from the FAI with each block running for 6 weeks from 11am – 12pm in the Butler Community Centre, with an average of 12-18 participants in attendance. We are looking forward to resuming our Kick to Recovery Programme in 2022, check out the calendar of events on page 28 for more details. **If you are interested in taking part or would like more information please contact Pauline on 086 7837385 or email pcasey@waterfordsportpartnership.ie.**



Pitch & Putt

Over the autumn months we teamed up with Ryan Madigan PGA Coach with Waterford Castle Golf Club to deliver several Pitch & Putt programmes for adults with a disability. The sessions took place in the Regional Sports Centre and ran in four week blocks with participants from Rehab Care Waterford and Waterford Mental Health Team. Ryan did a great job introducing the groups to the various elements of pitch and putt, including putting, chipping and how to control their swing while making their way around the course in the RSC. Following the four week blocks of activity, groups availed of WSP FREE Equipment hire and continued to play pitch and putt independently in the RSC on a weekly basis. A special thanks to the RSC who have offered a discount rate for all participants who have taken part in WSP pitch & putt programmes, encouraging them to continue playing on a regular basis. We will have pitch & putt programmes on offer again in 2022, be sure to check out our calendar of events on Page 28 for more details.

For more information please contact Pauline on 086 7837385 or email pcasey@waterfordsportpartnership.ie





Following the success of series one in 2020, Waterford SportsAbility Forum is back with a second series of Podcasts for Waterford SportsAbility Month 2021.

In this four part series Pauline Casey (Sports Inclusion Disability Officer – WSP) meets representatives from clubs, organisations and facilities that are local to Waterford and are inclusive for people with a disability. We hear about the opportunities that are available, the importance of physical activity and more importantly the role of the volunteer. The Podcast Series offers a wealth of information for any individual or parent who is interested in trying something new, whether it is getting involved in a new activity or becoming a volunteer!

The series can be found on Spotify, Youtube and Buzzsprout by searching Waterford SportsAbility. Links to the episodes can also be found on our website and social media platforms. 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 thank our guests, who gave up their time to come in and tell their own or their organisations story. Lastly a big thank you to Jamie Knox, without whom, the podcast wouldn't have been possible!

If you require more information on the Podcast Series or any of the topics that are discussed please contact Rachel Sinnott on rsinnott@waterfordsportspartnership.ie



SportsHall Athletics for children with a Disability

On Monday the 1st November we started two six week indoor SportsHall Athletics programmes for children from WASSA and DCDynamos. The programmes ran in Carrickphierish Sports Hub and were facilitated by Pat Power and Emily Nolan. SportsHall Athletics is an indoor introduction to track and field athletics events in a fun and safe environment using soft, colourful and lighter equipment making it safer and more attractive for children to take part in. It was clear that both children and parents loved the opportunity to get back to being active again seeing many benefits from taking part both physically and socially. Well done to all those who took part in the programme and to Pat and Emily who made sure everyone was included.



Football for All – Rehab Care Vita

Rehab Care Vita has just finished taking part in an eight week football for all programme. The programme took place every Friday morning at 11am in the Butler Community Centre and was facilitated by Tommy Griffin FAI Coach. Tommy started each session with a small warm up, followed by some skills and drills to develop participants football skills and finished each session with a small sided game that got more competitive as the weeks went on. Well done to the 12 participants from Rehab Care Vita who took part in the programme and to Tommy for facilitating another fantastic programme.

ATU Fitness Programme

We have just finished delivering a six week fitness programme with 10 participants from the Activation Therapy Unit (ATU) in St. Otteran's. The programme was delivered by Rachel from Invincible Fitness on site in St. Otteran's on a weekly basis. The aim of the programme was to get participants moving again focusing on fundamental movement skills that would support independent living. Feedback from the staff has been fantastic with a noticeable improvement in the stability of participants and an increased confidence to start doing daily tasks on their own again. Well done to Rachel who delivered an excellent programme and to the participants who had the courage to get back exercising again.

Waterford SportsAbility Month 2021

Due to COVID19 we were unable to run our traditional SportsAbility event for the second consecutive year; however the forum was committed to offering an alternative opportunity in the form of a SportsAbility Month which took place in October 2021.

We had a range of activities on offer for people with a disability to try out. The forum focused on the "Great Outdoors" and offered activities such as GAA, Football, Athletics, Para Lifting, Handcycling, Pitch & Putt, Tennis and Yoga. Over 70 participants with various disabilities took part in the activities over the month. A special thank you to all those who facilitated sessions during the month and well done to those who attended. We look forward to seeing you at more activities in the future.





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



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

HANDCYCLES Available ON LOAN

For more information contact
Pauline on 076 110 2682
or email
pcasey@waterfordsportspartnership.ie



**Beach
Wheelchair
Available**

For more information contact
Pauline on 076 110 2682 or email
pcasey@waterfordsportspartnership.ie



Follow 'Waterford SportsAbility' on Facebook!

FOR MORE INFORMATION ON DISABILITY SPORT

Please contact:

Pauline Casey on 086 783 7385 or email pcasey@waterfordsportspartnership.ie

or

Rachel Sinnott on 087 739 6050 or email rsinnott@waterfordsportspartnership.ie

DISABILITY CALENDAR 2022

PROGRAMME	DATE	TIMES	LOCATION	COST	DESCRIPTION	BOOKING
Try Tennis	Monday 17 th Jan to Monday 7 th Feb	Block 1 10-11am Block 2 11am - 12pm	Butler Community Centre	€30pp (Min of 8 participants Max of 16)	Introducing participants to Tennis through a fun social fitness Session.	Booking Essential and is limited to one organisation per activity. Please contact Pauline (see details below)
	Monday 7 th March to Monday 28 th March	Block 1 10-11am Block 2 11am - 12pm				
Yoga for Teens & Young Adults with	Monday 17 th January to Monday 7 th February	6 - 7pm	Carrickphierish Community Sports Hub	€30pp	Yoga for Teens and Young Adults with Dyspraxia	Booking Essential BOOK NOW ON: www.eventbrite.ie For more information Please contact Pauline (see details below)
Let's Move	Tuesday 18 th January to Tuesday 15 th February	10.30am - 11.30am	People's Park Waterford	€20pp	Suitable for all fitness levels and focuses on cardiovascular fitness, increasing your strength and improving your muscle tone	Booking Essential and is limited to one organisation per activity. Please contact Pauline (see details below)
Kick to Recovery	Wednesday 2 nd February to Wednesday 9 th March (6 week block)	11am - 12pm	Butler Community Centre	€3pp per week	We are working in partnership with the FAI to deliver a six week block of soccer for participants in mental health services. Participants will have the opportunity to experience 60 minutes of quality soccer training instruction provided by an experienced FAI coach.	Booking Essential Numbers are limited Please contact Pauline: <i>see details below</i>
Wheelchair Basketball	Monday 7 th March to Monday 4 th April (5 week block)	6-7pm	Carrickphierish Community Sports Hub	€20pp	Come & Try Wheelchair Basketball for people with a Physical Disability. Don't have a Sports Chair - no problem, we will supply one for you on the night.	Booking Essential BOOK NOW ON: www.eventbrite.ie For more information Please contact Pauline (see details below)
Pitch & Putt	Tuesday 8 th March to Tuesday 29 th March	10-11am (Group 1) 11.15am - 12.15pm (Group 2)	Waterford Regional Sports Centre	€20pp Min 6 Max 8	Adults Mild to Moderate Intellectual Disability 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.	Booking Essential Numbers are limited Please contact Pauline: <i>see details below</i>
Ready Steady Pedal	Wednesday 30 th March to Wednesday 27 th April	10.30am - 11.30pm (Group1) 12pm - 1pm (Group 2)	Waterford Regional Sports Centre	€30pp (Numbers Depending on Ability)	Adults Mild to Moderate Intellectual Disability This Cycling programme will be car park based with Bikes & Helmets provided for participants. The programme is aimed at adults who may have previously cycled as children or for those who wish to learn a new skill. This programme aims to increase cycle confidence and learn the basics of cycling such as balancing, cornering, breaking and ready position.	Booking Essential Numbers are limited Please contact Pauline: <i>see details below</i>
	Wednesday 4 th May to Wednesday 1 st June	10.30am - 11.30pm (Group1) 12pm - 1pm (Group 2)	Waterford Regional Sports Centre	€30pp (Numbers Depending on Ability)		

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

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.

<p>Disability Awareness in Sport Training</p>	<p>This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.</p>
<p>Sports Inclusion & Disability Awareness Training - Online Course</p>	<p>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.</p>
<p>Disability Inclusion Training</p>	<p>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.</p>
<p>Inclusive Fitness Training (online option available)</p>	<p>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.</p>
<p>Autism in Sport Workshop (online option available)</p>	<p>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.</p>



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



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**

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!**





Urban Hoops Taster Sessions

Our YSDO facilitated two Basketball taster sessions for students in St. Saviour's National School. This programme focused more on fun, movement and participation through passing and dribbling, and less on the skills of Basketball. **For more information contact Brian O'Neill on 086 0201219 or email boneill@waterfordsportspartnership.ie**

Volunteer Support Coaching Workshops

Funded by Sport Ireland's Volunteer Support Fund, we organised two workshops for coaches who volunteer their time coaching young people. Facilitated by Munster Rugby Development Officers, Workshop one targeted Rugby coaches who are involved with the Mini's grade (U-10's and under). Workshop two was facilitated by Marc Bircham, former manager of Waterford F.C. This was targeted at Soccer coaches who volunteer with U-12 and U-14 age grade teams. Over 50 volunteer coaches attended the workshops.



Supporting the Return of Indoor Sports

We supported four boxing clubs and two basketball clubs by providing them with cordless Foggers and disinfectant. This supports the protective measures the clubs already have in place enabling them to provide a safe venue for young people to engage in physical activity.



Learn to Skip Programme
Urban Hoops

Zumba Dance
StartBox

(Boxing Fitness for Primary Schools)

Schools Yoga
Schools Cricket Programme



Comhairle na nÓg AGM 2021

Our YSDO, Brian O'Neill attended the annual Comhairle na nÓg AGM in November 2021. This year, the AGM took place as a hybrid model - 30 people attended in person at Dooley's Hotel in Waterford City, with everyone else attending online via a live stream.

It is great to see the fantastic work that Declan O'Driscoll (Co-ordinator) and the young people have undertaken over the last 12 months. Comhairle na nÓg are youth councils in the 31 local authorities of the country, which give young people the opportunity to be involved in the development of local services and policies.



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**

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.**

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.**

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@cggold.org	www.cggolf.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	085 859 5094	joanne.wall@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
Weightlifting Ireland	Colin Buckley Aine 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**



WATERFORD SPORTS PARTNERSHIP
Civic Offices, Dungarvan, Co. Waterford | 058 21194
Regional Sports Centre, Cork Road, Waterford | 051 849 682
info@waterfordsportspartnership.ie | www.waterfordsportspartnership.ie

