



ISSUE 1 | JUNE 2021

# CAPPOQUIN LISMORE VILLIERSTOWN

## SPORT & PHYSICAL ACTIVITY

# HUB NEWS

**WELCOME** to the first edition of **Hub News** giving you information on programmes and activities currently running in the Cappoquin, Lismore, Villierstown Sport and Physical Activity Hub that you can get involved in as well as updates on what's been happening in the Hub since the project began!



### *A message from your Hub Development Officer - Peter Jones*

Hi everyone, I'm delighted to be working with you all as Hub Development Officer to help increase physical activity opportunities for the people of West Waterford. The area is blessed with a fantastic natural environment and great community spirit. I look forward to working with you all to ensure we maximise the uses of our walkways and waterways whilst continuing to engage with clubs, schools and communities to create sustainable physical activity opportunities for all.

Please feel free to get in touch you have any questions in relation to the Sports Hub on **087 101 5130** or email me at [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

## Come & Try West Waterford

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

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

**BOOK NOW!**

<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)

Waterford Sports Partnership - Supporting Activity and Sport for All

YOUR COMMUNITY ...

PLAY

CONNECT

THRIVE

## ABOUT THE PROJECT

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

### Project Objectives . . .

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



The core objectives of the Community Sports Hub is to grow participation, engage the local community, promote community leadership, offer a range of sporting opportunities, promote awareness of sporting opportunities and bring all key partners/groups/people together within the three specified areas. We have established strong links with a range of community organisations, clubs and agencies for target groups including women, men, older adults, disability and children within these three communities. This project offers a real chance to make a sustained impact on the physical activity opportunities for people of all ages in West



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/)

## HUB STEERING COMMITTEE

Don Tuohy	Waterford City & County Council
Rosarie Kealy	Waterford Sports Partnership
Peter Jones	Waterford Sports Partnership
Jimmy Taaffe	Waterford Leader Partnership
Joanne Roche	Lismore Community and Social Economic Group
Tom Feerick	Cappoquin Regeneration Community group
Denis McCarthy	Cappoquin Regeneration Community group
Vincent Mernin	Villierstown Education and Culture Project
Mealla Fahey	Lismore Community Centre
Siobhan Hubbard	Waterford Area Partnership
Eamonn O'Leary	Waterford City & County Council

## West Waterford Hub Needs Analysis

In 2020 we undertook an 'Online Needs Analysis Survey', we were delighted with the 283 responses received. This information has given us a great base to begin an organic action plan to ensure that we meet our aims for the West Waterford Hub.

### Here are a few key results :-

- People participate in mostly **individual** sports (50% self exercise, 18.5% team)
- 57% said that opportunities, facilities and amenities need improvement  
- WSP to work with key agencies to develop **Opportunities**.
- 70% were not aware of WSP's plans for Sport and Physical Activity Hub in West Waterford.  
**WSP to work with the public on our communication, promotion** and connection with the local areas.
- 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.**

## HERE ARE JUST SOME OF 'YOUR' COMMENTS & SUGGESTIONS FROM THE ONLINE SURVEY . . .

- *Cycle lanes between towns would be a huge asset*
- *Safe access to the River by a pontoon or similar.*
- *Running track and a cycle/walking path that connects Cappoquin to Lismore"*
- Cycling group for women
- Weight classes for **over forties and fifties**
- Water sports like **rowing or kayaking** there's a fine river to be taken advantage of
- Young people **who do not enjoy team sports** such as hurling etc should be catered for e.g. teen yoga, Pilates
- I think there are people in the **45+ age category who stopped doing much** after they finished playing GAA, due to working schedules and maybe lack of knowledge about the benefits of training but also out of being intimidated or not wanting to get out of their comfort zone they lose out.

## Did we get enough information from everyone?

We will follow up with the local communities in 2021 to continue to ensure we meet the needs of the local population in creating more physical activity opportunities. We are also focusing on liaising with other organisations to discuss the needs of the community. Listed here are the main physical activity opportunities that people wanted.

Whilst all of these are not feasible with large scale infrastructure not coming under WSP's remit, it is important for us to know what is needed. Ironically, some of the activities listed are actually on offer in the local community, highlighting the need for improved awareness of options.

## DEMOGRAPHIC OF SURVEY RESPONDENTS

	Female 70%		Cappoquin 41.5%
	Male 30%		Lismore 37.6%
			Villierstown 13.8%

## CLUB SPOTLIGHT | LISMORE TENNIS CLUB

<b>CLUB NAME:</b>	Lismore Tennis Club
<b>LOCATION:</b>	Gallows Hill, Lismore, Co. Waterford (just beside the Community Centre)
<b>CONTACT DETAILS:</b>	tennislismore@gmail.com Search 'Lismore Tennis Club' on Facebook
<b>OPENING TIMES:</b>	Daylight Hours
<b>MEMBERSHIP FEE:</b>	Adult: €40 Junior: €15 Family Membership (2 adults/2 children): €70

### HISTORY OF THE CLUB:

We believe that the club was initially formed in the early 1900's. In 1989, the club, as we currently know it, was formed. At that time the existing courts were developed thanks to National Lottery Funding and land kindly donated by Lismore Estates. The club fell away a bit around 2015, however, a new committee came together in 2020 to re-establish the club. We had a great response and attracted over fifty new members in our first season.

### WHAT IS THE AIM OF THE CLUB?:

To promote tennis to young and old alike throughout West Waterford and build a sustainable club for future generations.

### WHAT IS THE BEST THING THE CLUB HAS DONE?:

The re-establishment of the club in 2020 during COVID provided a boost for our members and an outlet for them to exercise while having fun at the same time. We believe that Lismore Tennis Club gives the town and surrounding area a sport that is a little different which is open to all ages and abilities.

### HAS THE CLUB WORKED WITH WSP?:

Yes, we've a great working relationship with Peter Jones and WSP. Hopefully this can expand as our little club grows and attracts new members from across West Waterford.

### WHAT ARE THE PLANS FOR THE FUTURE?:

We hope to redevelop our court surfaces, launch a juvenile section and work closely with local groups to expand the use of our facilities.



### An interesting Fact . . .

Lismore Tennis Club used to be located in the Castle Farm in the area where the current soccer field/cricket pitches are now located. The courts there were grass then and there was also a wooden pavilion built in 1934.

### Our unsung hero!

- Andrew Hamilton. Andy may not be born and bred in Lismore, but he never has to be asked twice to help out with the club. Andy is always on hand, whether it is playing doubles, the upkeep of the areas around the courts or doing some jobs to help out the committee. Thanks and well done Andy!



### WHY PLAY TENNIS!

It's a sport for all ages  
It's a good workout  
It's social  
It's cheap  
You don't need a whole team of players  
There's minimal injury risk  
There's always something to learn  
It requires physical and mental skills  
**and, It's super fun!**



Follow 'Lismore Tennis Club' on Facebook!





## GET ACTIVE WEST WATERFORD

### 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.



**BOOK NOW!**

To celebrate Men's Health Week, we are running a number of **FREE** taster sessions 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>	Wednesday 16 <sup>th</sup> June	6.30 - 8.00pm	Cappoquin Rowing Club
<b>TENNIS</b> <i>All equipment provided</i>	Thursday 17 <sup>th</sup> June	7 - 8.30pm	Lismore Tennis Club

Places are limited so please book early to avoid disappointment.

**BOOK NOW ON [www.eventbrite.ie](http://www.eventbrite.ie)**

### 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 the 'Waterford Sports Partnership' 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.'

### 'Stretch & Stride' Programme - off to a great start!

We asked the women of West Waterford two questions: Do you want to increase your energy levels? Do you want to get some you time in a relaxed social setting? Ten women said 'yes'! We are delighted with the feedback to date from our Stretch and Stride programme taking place in Affane/Cappoquin GAA Club grounds. This programme gives participants a sixty minute session split between yoga and aerobic exercises targeted to all levels of ability.

If you are interested in this or future programmes, please contact Peter Jones on 087 101 5130 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)



Follow 'CLV Sport & Physical Activity Hub' on Facebook

## GET ACTIVE WEST WATERFORD

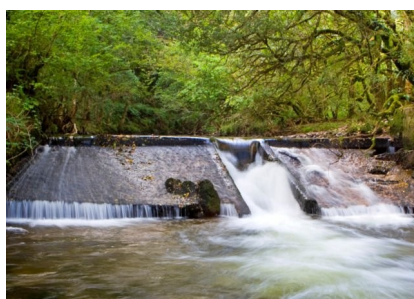
**NOW BOOKING!****OVER 50's - Walk West Waterford**

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.

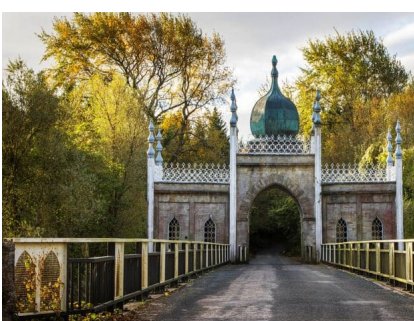
So, lace up your walking shoes and come along to a walk near you.  
Don't miss this chance to meet new people in your area and discover local walking opportunities!



**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

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

For more information please contact:

Peter Jones on 087 101 5130 or email [pjones@waterfordsportpartnership.ie](mailto:pjones@waterfordsportpartnership.ie)



## SUPPORT FOR LOCAL CLUBS

*One of the key focuses of the Hub is working with community organisations and sports clubs to increase physical activity opportunities for the people of Cappoquin, Lismore and Villierstown.*

*Over the past year we have supported the following clubs and community groups . . .*

### Affane/Cappoquin GAA Club

WSP worked in partnership with Affane/Cappoquin GAA Club over the past twelve months on various projects to increase physical activity opportunities for the people of Cappoquin. These have included Operation Transformation, Camogie Development initiative for girls aged 11 & 12 and National Play Day. As part of our continued work in the community, we were delighted to assist Affane/Cappoquin GAA Club to develop their newly opened Community Walkway as part of our Rural Hub Development Project. Well done to all involved for the fantastic community effort which helped to make this project a reality. WSP Hub Development Officer Peter Jones was delighted to speak at the official opening of the 'Community Walkway' back in July 2020. We encourage local people to avail of the clubs €10 social membership offer which gives you access to this wonderful facility.



### Villierstown Boat Club

WSP has assisted Villierstown Boat club with the purchase of kayaks for use with the local community. The kayaks have already been put to good use over the summer months with local people of all ages being able to enjoy the fantastic opportunities on the local River Blackwater.



### Cappoquin AFC

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



### Villierstown Community Centre

CLV Hub Development Officer, Peter Jones, met with the local committee in Villierstown to assess their needs. Since then, indoor bowling sets and table tennis equipment have been purchased. This equipment will allow the hall to be used to offer physical activity for all ages. We're particularly delighted to be working in partnership with the Irish Table Tennis Association and hope to be able to deliver taster sessions and coaching clinics for locals in the coming months.



YOUR COMMUNITY ...

PLAY

CONNECT

THRIVE



## CLUB SPOTLIGHT | AFFANE/CAPPOQUIN GAA CLUB

**CLUB NAME:** Affane/Cappoquin GAA Club

**LOCATION:** Littlebridge, Inches, Cappoquin.

**CONTACT DETAILS:** Club Secretary - James Lacey  
email: secretary.cappoquin.waterford@gaa.ie  
Search 'Affane Cappoquin GAA' on Facebook

**OPENING TIMES:** 9am to 9pm

**MEMBERSHIP FEE:** Adult Player: €50  
Non-player: €25  
Student: €25  
Family Membership (2 adults/2 children): €80  
Walkway Membership €10



### HISTORY OF THE CLUB:

The club was formed in 1969 playing both hurling and football and more recently camogie. We won the Waterford Senior Football title in 1974. In 2014, we won the Waterford Intermediate Hurling title and the Munster Club title in the same year.

### WHAT IS THE AIM OF THE CLUB?:

To encourage participation of our games for both juveniles and adults alike.

### WHAT IS THE BEST THING THE CLUB HAS DONE?:

We built a new clubhouse and dressing rooms in 2017 and in 2020 we developed our fantastic club walkway.

### HAS THE CLUB WORKED WITH WSP?:

Yes, we have a very good relationship with WSP and they have helped us greatly to build our walkway around the pitch for the benefit of the whole community who can now enjoy a safe walk in their local area.

### WHAT ARE THE PLANS FOR THE FUTURE?:

We plan to further develop our facilities by lighting our walkway and developing a new training pitch.

### An interesting Fact ..

#### The magnificent 7!

In 1948 the club had six players and a trainer involved in the winning All Ireland Minor Hurling Team .



### Safe WALKING on your doorstep!

#### Affane/Cappoquin GAA Community Walkway

#### ALL WELCOME!

We encourage local people to avail of our **€10 social membership offer** which gives you access to our wonderful Community Walkway all year round!



If your Club would like to be included in the 'Club Spotlight' feature in the next edition please contact Peter!



Follow Affane/Cappoquin GAA

on Facebook!

## SUPPORT FOR LOCAL CLUBS

### OPEN FOR APPLICATIONS!

### WSP Return to Participation Grant

Our **2021 Return to Participation Grant Scheme** will support and assist clubs and organisations to increase opportunities for people to participate in organised 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 087 101 5130 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

### WSP - Club Development Webinar Series 2021

#### 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 087 101 5130 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

### Work with us to host a 'Come & Try It' Session at your Club!

With the country gradually being able to safely return to physical activity, we are busy planning a 'Come and Try It' week for each of the three local areas. The aim of these weeks is to showcase the activities on offer to every man, woman and child to try and increase lifelong physical activity. In order for this to work, we need you!

*The proposed dates are as follows:-*

**Come and Try It - Villierstown** Monday 6<sup>th</sup> - Sunday 12<sup>th</sup> September

**Come and Try Lismore** Monday 20<sup>th</sup> - Sunday 26<sup>th</sup> September

**Come and Try Cappoquin** Monday 4<sup>th</sup> - Sunday 10<sup>th</sup> October

If your club or organisation is interested in offering a taster session for the community, please contact Peter who will work with you to organise the taster session and promote it locally.

*This is a chance to highlight all that is good about West Waterford to everybody.*



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/](http://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

Peter Jones on 087 101 5130

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