



CAPPOQUIN LISMORE VILLIERSTOWN  
SPORT & PHYSICAL ACTIVITY

# HUB NEWS

ISSUE 3 | JANUARY 2022

## WISHING YOU ALL A HEALTHY & ACTIVE NEW YEAR!

**WELCOME** to the third edition of **Hub News** providing you with information on programmes and activities 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 over the past few months!

### GOODBYE FROM PETER!

2021 has been a tumultuous year but it has been fantastic to see the West Waterford community spirit coming together to offer a variety of physical activity opportunities for all over the calendar year. In times of great adversity, local clubs, organisations and schools have shown true resilience and a passion in ensuring everyone can be safe whilst being physically active. The area is blessed with phenomenal natural resources, but none of this matters without the work of people on the ground in local communities creating sustainable physical activity opportunities for all. Unfortunately I will be stepping away from my role as Hub Development Officer to take up other responsibilities in WSP, but I hope that in some way I have assisted the community in working towards a vision of physical activity opportunities for all and I'd like to thank all of you for your enthusiasm and energy towards the project. It truly has been a joy. On the positive side, my colleague Rachel Sinnott, will be taking over the reins, bringing a wealth of knowledge and expertise that will ensure the hub continues to evolve for all people in West Waterford. Thanks once again and happy new year to you and yours.  
**Peter Jones.**

### 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 was 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. The last few months have been very busy in the 'Hub' with lots of activities for people of all ages to 'Come & Try'. You can read all about the programmes we ran in this publication.

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](mailto: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 15<sup>th</sup> January | 10 to 11am**

**@Cappoquin Railway FC**

**€15pp | Book now on [www.eventbrite.ie](http://www.eventbrite.ie)**

For more information please contact:

Rachel Sinnott on 087 739 6050 or

[rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie)



Supporting  
Activity and Sport For All

SPORT IRELAND



**FOOTBALL  
FOR ALL**  
CLUB PROGRAMME

### 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 17<sup>th</sup> January | 7-8pm**

**at Cappoquin Community Centre**

**€20pp | Book now on [www.eventbrite.ie](http://www.eventbrite.ie)**

For more information please contact:

Rachel Sinnott on 087 739 6050 or

[rsinnott@waterfordsportspartnership.ie](mailto:rsinnott@waterfordsportspartnership.ie)

Waterford Sports Partnership - Supporting Activity and Sport for All

YOUR COMMUNITY ...

PLAY

CONNECT

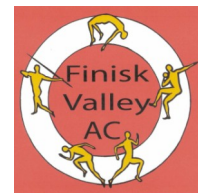
THRIVE

## 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 <sup>th</sup> September    | Villierstown Boating Club | 3      | 2    |
| Come & Try Kayaking - Children | Monday 6 <sup>th</sup> September    | Villierstown Boating Club | 4      | 3    |
| Fun Athletics for Children     | Wednesday 8 <sup>th</sup> September | Finisk Valley AC          | 14     | 11   |
| Fit for Life Taster            | Wednesday 8 <sup>th</sup> September | Finisk Valley AC          | 2      | 2    |
| Outdoor Yoga                   | Friday 10 <sup>th</sup> September   | WSP/Blathnaid Foley       | 11     | 1    |





## COME & TRY IT WEST WATERFORD

### 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 <sup>st</sup> September   | Lismore Tennis Club                | 9      | 1    |
| St Declan's Way Guided Walk           | Wednesday 22 <sup>nd</sup> September | Lismore Heritage Centre            | 5      | 1    |
| Women on the Move                     | Wednesday 22 <sup>nd</sup> September | Waterford Sports Partnership (WSP) | 5      |      |
| Lismore Town Tour                     | Thursday 23 <sup>rd</sup> September  | Lismore Heritage Centre            | 5      | 1    |
| Badminton for Adults                  | Thursday 23 <sup>rd</sup> September  | Lismore Badminton Club             | 9      | 3    |
| Badminton for Children                | Friday 24 <sup>th</sup> September    | Lismore Badminton Club             | 4      | 4    |
| Lismore Towers Historical Guided Walk | Friday 24 <sup>th</sup> September    | WSP/Lismore Heritage Centre        | 10     | 0    |
| Family Virtual Orienteering           | Sunday 26 <sup>th</sup> September    | WSP/Lismore Heritage Centre        | 12     | 9    |





## COME & TRY IT WEST WATERFORD

### 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 <sup>th</sup> October   | Cappoquin Snooker Club    | 0      | 4    |
| Walk and Talk   | Wednesday 6 <sup>th</sup> October | Affane/Cappoquin GAA      | 10     | 0    |
| Indoor Rowing   | Wednesday 6 <sup>th</sup> October | Cappoquin Rowing Club     | 4      | 2    |
| Badminton for children  | Wednesday 6 <sup>th</sup> October | Blackwater Badminton Club | 2      | 3    |
| Badminton for Adults  | Wednesday 6 <sup>th</sup> October | Blackwater Badminton Club | 3      | 3    |
| Snooker for Women   | Thursday 7 <sup>th</sup> October  | Cappoquin Snooker Club    | 4      | 0    |
| Camogie for children  | Thursday 7 <sup>th</sup> October  | Cappoquin Camogie         | 22     |      |
| Camán & Try It - adult taster   | Thursday 7 <sup>th</sup> October  | Cappoquin Camogie         | 3      |      |
| Outdoor Yoga  | Friday 8 <sup>th</sup> October    | WSP Tutor                 | 11     | 0    |
| Football For All<br><i>for adults &amp; children of all abilities</i> | Sunday 10 <sup>th</sup> October   | Cappoquin AFC / WSP / FAI | 2      | 3    |





## CLUB SPOTLIGHT | CAPPOQUIN SNOOKER & BILLIARDS CLUB

**CLUB NAME:** Cappoquin Snooker & Billiards Club

**LOCATION:** Mill Street, Cappoquin, Co Waterford

**CONTACT DETAILS:** Martin Reddy | 085 147 4208 | martin.reddy@hotmail.com  
Search 'Cappoquin Snooker Club' on Facebook

**OPENING TIMES:** Monday & Wednesday from 7.30 to 10.30

### HISTORY OF THE CLUB:

Cappoquin Snooker & Billiards Club was formed in 1926 and we still have the two original tables in the club. Some say that they are the best tables they have ever played on. We undertook a massive refurbishment of the club in 2005 which created much more space to enjoy the game.

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

Our aim as a club is to provide a game for young and old to come and enjoy in a safe friendly environment.

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

The best thing we have done in the club would have to be the refurbishment. It's created a lovely setting for snooker and billiards.

### HAS THE CLUB WORKED WITH WSP?:

In recent weeks, in conjunction with Waterford Sports Partnership, we ran a couple of 'Come & Try It' evenings where the objective was to invite people who might like to play a bit of snooker to come along and give it a try out. Both nights were hugely successful with both men and women enjoying the experience. On a more positive note we have gotten a lot of new members from it. The club was also highlighted in the 'Hub News' produced by Waterford Sports Partnership which has seen our numbers almost double in the last few months. On behalf of the club a special thanks must go to Peter Jones for his drive in helping the club to find new players from all parts of the county.

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

Continue to grow awareness of the club and increase membership.



### Our unsung hero!

- Rhiney Walsh is an unsung hero of our club. The amount of work he does behind the scenes is phenomenal. Every club's dream really!



### An Interesting Fact...

We still have two original tables in working order from 1926 in the club.



Follow 'Cappoquin Snooker Club' on Facebook!



## CLUB SPOTLIGHT | LISMORE BADMINTON CLUB

|                         |   |
|-------------------------|---|
| <b>CLUB NAME:</b>       | Lismore Badminton Club  |
| <b>LOCATION:</b>        | Lismore Community Centre, Lismore, Co Waterford   |
| <b>CONTACT DETAILS:</b> | Jo Jo Tobin on 087 206 3880<br>Search 'Lismore Badminton Club' on Facebook                  |
| <b>OPENING TIMES:</b>   | Mondays and Thursdays from 8pm for adults and teens aged 16 and over or in Transition Year. |

### HISTORY OF THE CLUB:

The club was established in 1948 and was originally located in the local courthouse. It then moved to the 'Red Hall' for a number of years until the Community Center was built and provided the club with the chance to expand from one court to three courts, thus facilitating more members, more teams and a more social environment. The juvenile side of the club also expanded with some of our juveniles following and even bettering the successes of former players, winning titles in all four provinces, representing their club, county and province at all levels. Pre-COVID we had over 50 juveniles registered and being coached weekly, and we are looking forward to getting back to action with our juveniles in 2022.



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

Our aim is to give anyone who is interested, the opportunity to try out and play this fabulous game, give them some support with coaching so they can find a level that they enjoy playing at, whether that is socially with friends at the hall or on Club teams, on County teams or in the Olympics. *(They may need a little more support with the coaching for this!).*

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

We have produced players to the highest standard but we are most proud of our club spirit. Every year in November we have held a tournament in memory of one of our most fun-loving members, Mary Pratt, who left us in 2006. This event, supported by clubs from Waterford and beyond has seen fancy dress, fab confectionary, nail-biting finishes, lots of laughter and most importantly it has raised approx €500 each year for our local Hospice. Something we are very proud of.

### HAS THE CLUB WORKED WITH WSP?:

Having seen the great support WSP gave to the local tennis club we used their expertise and with the assistance we recently ran a taster session in the club to try and bring in some new members and get things underway post-COVID. This was a great success and with the continued support of Peter Jones we followed on with a four week coaching introduction to the game and this has brought some new life and vigor to the club. Some of the new members are participating in leagues and some are playing for fun. Our thanks to Peter and WSP for their support, we hope to run another taster in the near future for adults and one for juveniles.



### Interesting Facts . .

Badminton is the fastest racquet sport in the world.

Each shuttlecock is made from sixteen feathers from the left wing of a goose.

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

Our hope for the future is to continue to give more adults and children the opportunity to play badminton. We would love to run spring, autumn and summer camps to give more children a chance to try the game in a fun environment. We intend to up-skill our coaching fraternity with the intention of being able to start children off a little earlier than we currently do so they can get to the Olympics earlier!. Of course we also intend to continue raising much needed funds for our local hospice.



Follow 'Lismore Badminton Club' on Facebook!





## COMMUNITY SPOTLIGHT | LISMORE HERITAGE CENTRE

**CLUB NAME:** Lismore Heritage Centre  
**LOCATION:** The Courthouse Building, Lismore, Co. Waterford  
**WEBSITE:** [www.discoverlismore.com](http://www.discoverlismore.com)  
**CONTACT DETAILS:** Mealla Fahey 058 54975 or to book an experience visit [www.discoverlismore.com](http://www.discoverlismore.com)

**OPENING TIMES:** Mon to Friday 9am-5.30pm Weekend Seasonal

**HISTORY:** Situated within the old Courthouse Building in the heart of Lismore town. Lismore Heritage Centre was opened in 1992 to share insights into Lismore's formidable history and heritage, and work with other community groups to develop, promote and market the wider West Waterford area. Lismore Heritage CLG runs a Community Services Programme and provides jobs in the community. We also work with the local Community Employment scheme and TÚS programme and provide training for adult education courses and transition year students in a rural setting.

**AIM OF THE HERITAGE CENTRE:** Support the economic development in the West Waterford Area. Keep rural community alive by providing local employment and enabling people within the community through work experience and training. Through a suite of experiences that include guided walking tours, an all new Virtual Reality "Lismore Castle Experience" Lismore Heritage Centre brings to life this town's colourful history right back from Monastic settlement to a turbulent period of Viking invasions, through to more contemporary aristocratic and celebrity associations, to the reality of daily life in Lismore today. The "Robert Boyle Escape Room" introduces a new way of learning about history while having fun with friends and family.

Lismore Heritage Centre also has an extensive education programme. We work with the school curriculum for our School Tours in May and June, our STEM workshops, bringing Science to Schools are very popular during national STEM weeks i.e. Science Week and Space Week in October and November, as are the themed camps for primary school children. Ecology for Secondary Schools is available at the Towers, Ballysaggartmore, where we also have a permanent orienteering course for families and schools to enjoy. Working with Orienteering Ireland this course was installed in 2015. We work with the local community on various festivals and events throughout the year and tourism product development in the area to promote West Waterford as a tourism destination. Providing and maintaining a space for meetings, performances by Lismore Dramatic Society and lectures throughout the year.

**WHAT IS THE BEST THING HERITAGE CENTRE HAS DONE?:** Developing our Lismore Heritage Centre Education Programme, where we brought basic science to over 10,000 students, both secondary and primary pre pandemic. During the pandemic our Education Officer developed the Super Science Boxes. These boxes have proved very popular with schools and for home use. We can see now more than ever the importance of science in our society, and we hope to encourage young people to get involved.

**WORKING RELATIONSHIP WITH WSP:** We have partnered with WSP on many projects, the most recent being the 'Positive Ageing Week' and 'Come & Try It' events. We have also worked with them on wider community development projects.

**PLANS FOR THE FUTURE:** Continue to work with the local community on tourism and rural development projects. Continue to develop and expand our education products and workshops. Work with community group on new development projects, expand our Themed Guided Walking Tours.



### An interesting Fact . . .

Robert Boyle, Father of Modern Chemistry was born at Lismore Castle, and is known all over the world.



### GIFT VOUCHERS!

A gift of a Voucher to any of Lismore Heritage Centre's many experiences would make a fantastic present at any time of the year. Combine fun and learning with the experts all available to buy online NOW.

### Our unsung hero!

Roseanne Leddy, Education Officer at Lismore Heritage Centre is a native of Lismore and passionate about the town. Roseanne has worked with us for the past seven years and has grown and developed our Education Programme to include ecology for secondary schools and increase the number of students reached to 10,000 annually. Roseanne is always willing to work with various groups and has reached out to the adult education and resource centres to include them in our programmes. Nothing is too much trouble and Roseanne works very hard to perfect our products and deliver a top class professional programme, developing the Super Science Boxes when we were unable to go to schools.



Follow 'Lismore Heritage Centre' on Facebook!



## POSTIVE AGEING WEEK

Positive Ageing Week (PAW) ran from the 27<sup>th</sup> September to the 1<sup>st</sup> 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 <sup>th</sup> September   | Lismore Tennis Club     | 3      | 0    |
| Come and Try Rowing                   | Wednesday 29 <sup>th</sup> September | Cappoquin Rowing Club   | 3      | 0    |
| Indoor Virtual Tour of Lismore Castle | Wednesday 29 <sup>th</sup> September | Lismore Heritage Centre | 6      | 1    |
| Guided Walk of Lismore Town           | Wednesday 29 <sup>th</sup> September | Lismore Heritage Centre | 7      | 2    |
| Come and Try Outdoor Bowling          | Thursday 30 <sup>th</sup> 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 17<sup>th</sup> January @11am at Affane/Cappoquin GAA Club | FREE SESSION | Book on [www.eventbrite.ie](http://www.eventbrite.ie).**

For further information please contact:

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



## 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 is 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.*

### 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!*



### Online Safeguarding Training for Club Volunteers

WSP, in partnership with Sport Ireland, has continued to evolve our offering during the pandemic to ensure that Safeguarding Courses can be delivered extensively to club coaches in Waterford. We have continued to deliver our three hour Online Safeguarding 1 Basic Awareness Training Course and Safeguarding 2 - Club Children's Officer Training on the Zoom platform, and received great feedback from participants regarding the interactive nature of the courses.



**Check out our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie) for upcoming dates for Online Safeguarding 1, 2 & 3 Training Courses. The course fee is €15 per person, all courses can be booked online on [www.eventbrite.ie](http://www.eventbrite.ie).**



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

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

