



HAPPY NEW YEAR



Healthy Ireland Community Walks

In December, we advertised our Healthy Ireland Community Walks Grant Scheme which provides funding to help groups and clubs to organise walks in their communities. Ten clubs and groups applied. Some of the groups have started their walks already! The walks will be running across the county for six weeks, in many different locations and are available for anyone wishing to join in. The walks are a great chance to meet people and to get active in your community in 2024!



Here is a listing of all the walks and their start dates.

Follow the group/clubs on Social media to keep up to date with what's going on!

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CLUB/GROUP NAME	START DATE	TIME	LOCATION
Ballygunner GAA Club	Wednesday 10 th January	7 - 8pm	Ballygunner GAA Club
Brothers of Charity Services Ireland	Wednesday 17 th January	11am-12pm	People's Park
Carbally Community Development Project	Monday 15 th January	7pm	Carbally Community Centre
Erin's Own GAA Club	Tuesday 16 th January	6pm	Butler Community Centre
Tallow GAA	Monday 15 th January	7 - 8:30pm	Tallow GAA
The CAPE-ability Club	Saturdays Starting January 20 th	3pm	Walk 1: Jan 20 th Lismore - The Towers Meet @ Car Park Walk 2: Jan 27 th Railway Cottage to Clonea Beach Meet @ Railway Cottage Car Park Dungarvan Walk 3: Feb 3 rd Glenshelane Woods, Cappoquin. Meet @ Car Park Walk 4: Feb 10 th Tallow - Ramp Boreen Meet @ Dragon Car Park Walk 5: Feb 17 th Youghal - Boardwalk Meet @ Clay Castle Car Park Walk 6: Feb 24 th Carriglea - Woodland Walk Meet @ Car Park
The Carbally Active Retirement Group	Saturday 20 th	11:30am	Carbally Community Centre
Waterford Disability Network/Pathfinders	Monday 15 th	10:30am	Greenway (Quay Entrance)
Waterford Dragon Boat Club	Tuesday 16 th	11:30am	Kilbarry Eco Park
Waterford Greenway Joggers AC	Saturday 27 th	9am	Coach House Kilmacthomas

FOR FURTHER INFORMATION PLEASE CONTACT:

Liz McEnaney on 087 739 6050 or email lmcenaney@waterfordsportspartnership.ie

MEET THE WSP TEAM

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

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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

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Jordan Kelly

ASPIRE Graduate

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STAFF MEMBER	FOCUS AREA/PROGRAMMES	BASED IN
Peter Jones	Programme Management Cycling	Dungarvan
Sinead Brannigan	Physical Activity for Health programmes and initiatives	Waterford
Brian O'Neill	Youth at Risk DEIS Schools Youth Leadership Safeguarding Carrickphierish Hub	Waterford
Liz McEnaney	Older Adults Outdoor Activities West Waterford Sports Hub	Dungarvan
Natalia Pocolujko	Women Men	Dungarvan
Jordan Kelly	Disability Schools	Dungarvan
Lauren Walsh Kett	Active Cities Waterford	Waterford

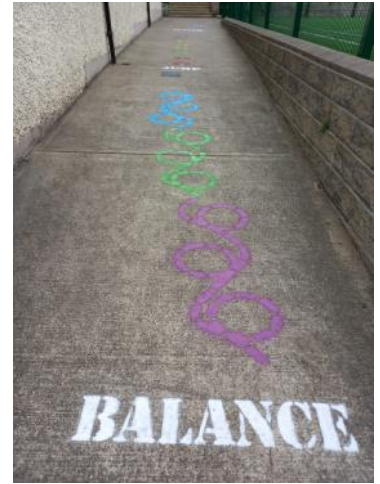
Dungarvan Office: Civic Offices, Dungarvan, Co. Waterford | 058 21194

Waterford Office: Regional Sports Centre, Cork Road, Waterford

We offered a wide range of activities to local schools in partnership with National Governing Bodies and local clubs to provide a sustainable pathway for young people to stay active. In 2023, 49 schools took part in WSP led physical activity initiatives. Below is a summary of the activities that took place between September and December 2023.

Playground Markings

This programme involves the marking of a school's playground for use in delivering fundamental movement skills. WSP tutor and Athletic Ireland coach Pat Power works with the school to plan the markings and assists teachers on how to use the markings effectively. Since September 2023, 135 children from junior infants to second class in Scoil na Leanai Colaiste na Rinne; St. Mary's N.S. Touraneena and Kilbrien N.S. took part in the programme. We adapted the programme in 2023 - we now provide the schools with additional spray paint so that they can maintain the markings to ensure that they last longer. The programme is making a huge difference by providing opportunities for children to develop their physical literacy.



FEEDBACK

'The pupils loved the fun, action packed , non-contact sessions'

'The games and drills were well thought out, fun to do and were very inclusive'

The coach , Joey, had a lovely, child- friendly manner and delivered great sessions'

Non-contact Rugby

In partnership with Munster Rugby, Dungarvan RFC, Tramore RFC and Waterpark RFC, we delivered non-contact rugby to schools in September, coinciding with the Rugby World Cup. The three week programme aimed at developing basic fundamental movement and rugby skills and was delivered in a hall, school yard or field. The sessions were delivered by Munster Rugby Development Officer Jack Jacob, Dungarvan RFC coach Joey Doherty and Waterpark/Tramore RFC coach Conal Fitzpatrick.

We were delighted that 17 schools expressed an interest in the programme. Since September 396 children (204 boys, 192 girls) from the following six schools completed the programme: Garranbane N.S., Glenbeg N.S., Kilrossanty N. S., Portlaw N.S., Scoil Mhuire Abbeyside, St. Mary's N. S. Touraneena. The partnership with local clubs and Munster rugby is key, as the sessions are led by local coaches and the clubs have seen an increase in membership numbers as a result.



PARTICIPANT FEEDBACK

'I really enjoyed it, it was really good and I would like to try it again'

'I really enjoyed hitting the ball at the targets and I'd like to try it again'.

Golf Fore Schools

In partnership with Golf Ireland, we offered schools the opportunity for a Golf taster session. The programme, delivered by Golf Ireland Development Officer Sam Power, enables children to have the opportunity to try Putting, Chipping and Full Swing shots on school premises. We were delighted that eleven schools signed up for the initiative. In November, 68 children (31 boys, 37 girls) from the following three schools took part in the programme: St. James N.S. Stradbally, St. John of Gods N.S. and St. Saviour's N.S. Ballybeg. The remaining eight schools will take part in January.

Sam Power, Golf Ireland Development Officer said 'Our aim is to introduce golf to the school students in the senior group indoors so we brought the golfway equipment to try lots of different games based activities. I suppose the main objective for us was to have fun and just to put a golf club in people's hands and I think the girls and all the boys had good fun and hopefully will keep trying golf at some stage in the future'



Online Skipping Programme

Skipping is a terrific form of exercise that can help improve agility, balance, and hand-eye co-ordination in children. We developed online skipping resources during the pandemic and have continued to use these to help schools to deliver skipping on their own premises. In partnership with SKIP'n'ROPE, we offer discounted skipping ropes and online resources to deliver the programme. We are delighted that 146 children (55 boys, 91 girls) from the following four schools have taken part in the programme between September to December: Ballymacarbry N. S., Portlaw N.S., St. Declan's N.S. Ardmore and St. Mary's Primary School Dungarvan.



Balance Bike Programme

Our Balance Bike Programme has continued to receive great traction by giving teachers a ready made online resource and access to balance bikes and helmets for the school. The programme aims to develop and improve the physical literacy of young children through the use of balance bikes. Between September and December, 265 junior and senior infants have taken part in the balance bike programme in the following seven schools; Ballymacarbry N. S., Glenbeg N.S., Glor na Mara Primary School Tramore, Portlaw N.S., Scoil Naisiunta Na Rinne, St. James N.S. and Scoil Gharbháin. We were delighted that two schools also used the 'Learn to Cycle Track' in Dungarvan to help to develop the children's cycling in traffic skills.

CHECK OUT OUR 'YOUTUBE' CHANNEL FOR LOTS OF LEARN TO CYCLE VIDEOS

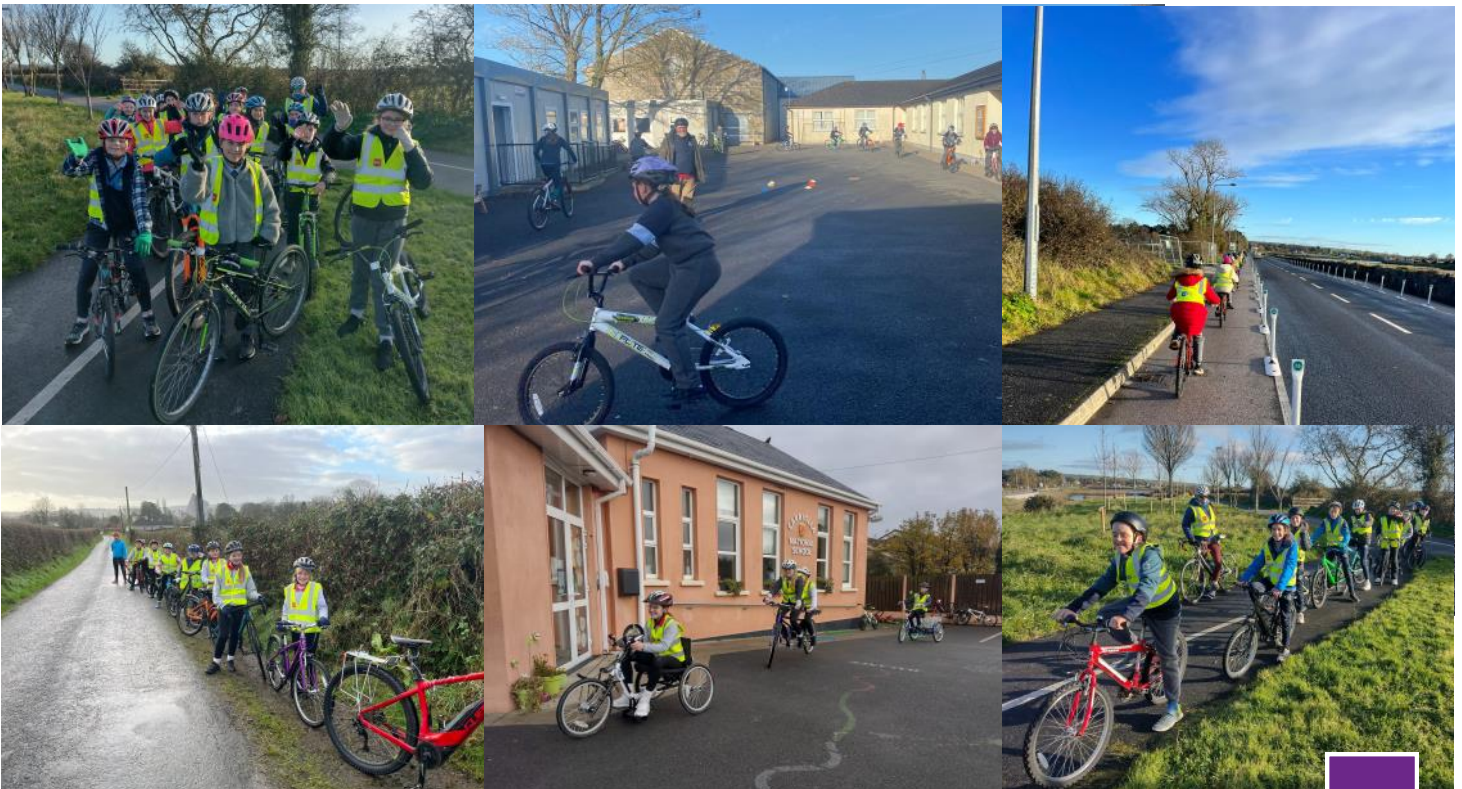
Cycle Right Training

We have been delivering Cycle Right Training, targeting specific schools who are not being serviced by local Cycle Right Training providers. In November, we delivered Cycle Right Stage 1 to fifty-two 5th class students in Carriglea N.S. and Scoil Gharbhain in Dungarvan. The training was delivered by WSP Cycle Right tutors Declan Kelly, Jessica Sanderson and Conor Coleman.

CYCLE RIGHT is the National Standard for Cycle Training and provides practical cycle safety and skills training to promote competent and confident cyclists. The training is designed to give cyclists the knowledge and skills to move safely through the road system, an environment shared with other road users.

Two of the key aspects of the training is to give children confidence so they can begin to use their bike as a form of transport to and from school. Feedback from the schools has been excellent. Carriglea NS principal, Jillian Hayes, said 'the programme has been a huge success, it's great for our students to not only be taught cycling skills but to be able to practice these skills on the road around our school. A big thank you to WSP, Declan and Conor'.

We will continue to deliver Cycle Right training to targeted schools in partnership with local Cycle right providers. For further information, please contact Peter at pjones@waterfordsportspartnership.ie



StartBox Programme- Our Lady of Mercy N.S.

Just under 50 students from Our Lady of Mercy National School took part in the StartBox Programme. Facilitated by National Youth High Performance Coach Lynn McHenry, the StartBox Programme focuses on fun, movement and physical literacy as opposed to the skills of Boxing.

For more information on StartBox for schools, please contact Brian O'Neill on 086 020 1219 or email boneill@waterfordsportspartnership.ie.



Schools Athletics Taster Sessions

Scoil Lorcaín School, Ardmore N.S., St. Stephen's N.S., St. Saviour's NS, Portlaw NS, St. Mary's N.S., Presentation N.S. and Mount Sion N.S. took part in our One Day Athletics Taster Sessions. The day consisted of between 6/7 sessions of 30 minutes duration. Thanks to Pat Power for delivering a fun, high energy activity.



Youth Sport Mentoring Programme - Boxing Fitness St. Paul's Community College

Two students from St. Paul's Community College took part in our Youth Sport Mentoring programme. This programme aims to support and enhance their personal development through Sport. Thanks to St. Paul's Boxing club for facilitating this initiative.



John O'Neill Memorial Shield

Congratulations to De La Salle College on winning the John O'Neill Rugby Memorial Shield against Newtown School. John O'Neill was a Rugby Development Officer with Munster Rugby for many years and sadly passed away in 2020. The blitz was held in Waterpark Rugby Club, with eight schools competing, targeting 1st/2nd year students.

For further information on schools Rugby please contact Ben on benswindlehurst@munsterrugby.ie

For more information on Schools Programmes please contact:
Jordan Kelly on 086 167 5642 or email jordankelly@waterfordsportspartnership.ie
For more information or to register your interest for DEIS Schools Programmes please contact :
Brian O' Neill on 086 020 1219 or email boneill@waterfordsportspartnership.ie

Positive Ageing Week 2023

We ran a series of events for **Positive Ageing Week (PAW)** which took place from **Sunday 1st to Saturday 7th October 2023**. PAW is an Age Action initiative to promote the agency of older people and to celebrate the contribution they make to our families, workplaces, communities, and society as a whole.



We co-ordinated Pickleball in Cappoquin and Cill Bara in partnership with Pickleball Ireland which was thoroughly enjoyed by those who attended. There was also Activator poles and Photo Orienteering in Dungarvan, Short Mat Bowling in Lismore and Waterford City and we hosted a Walk in Cappoquin. The week was well attended with over 20 participants taking part. A big thank you to our tutors Kiara and Andrew Cox from SEVO and the partners from Pickleball Ireland, Lismore Bowls Club and St. Paul's Active Retirement for delivering a fantastic week. Well done to all who took part.





Chair Yoga

There has been a tremendous demand for Chair Yoga over the past year and every one of the classes in Ardkeen Library and Dungarvan library have been fully booked. Since September we have co-ordinated five blocks of Chair Yoga in Ardkeen and Dungarvan libraries. In September the two blocks were fully attended and it was great to see some new faces joining the group, twenty six people attended our September sessions. In early November, we kicked off our final blocks of Chair Yoga for 2023. To facilitate the huge demand for this programme we managed to co-ordinate a 2nd block in Dungarvan – this of course was fully booked as well! These last three classes had over 35 people in attendance! A very special thank you to our tutors Asta, Kiara and Tracy for delivering fantastic sessions in 2023, well done to all who participated throughout the year.

Chair Yoga will return in January 2024 as follows . . .

SIX WEEK PROGRAMMES:	VENUE
Starting Friday 26 th January 11 am to 12 noon	Dungarvan Library
Starting Friday 26 th January 11 am to 12 noon	Carrickphierish Library
Starting Friday 26 th January 11 am to 12 noon	Ardkeen Library

FREE PROGRAMMES | Book on www.eventbrite.ie

FOR BOOKINGS OR FURTHER INFORMATION PLEASE CONTACT:

Liz McEnaney on 087 739 6050 or email

lmcenaney@waterfordsportspartnership.ie

Age & Opportunity National Grant Scheme 2024

Since 2001, Sport Ireland has provided funding to Age & Opportunity for their Active Programme to help increase the participation of older people in recreational sport and physical activity. This Active National Grant Scheme for Sport and Physical Activity for Older People is one element of the extensive Active programme which has resulted from this funding. Grants are available to all eligible local clubs, groups, care settings and organisations that promote increased participation in recreational sport or physical activity for older people as a main element of their activities.

The Age & Opportunity Active National Grant Scheme will open for applications at the end of January 2024.

Keep an eye on their website, www.ageandopportunity.ie for more information and to download a digital copy of the application form.



FREE

Activator Poles Borrow Scheme

In 2022, we launched the Activator Pole Borrow Scheme in partnership with four libraries (Lismore, Dungarvan, Kilmacthomas and Ardkeen). The poles are free to borrow for anyone registered as a member of the library. The feedback from the libraries is that the individuals using the poles are finding massive benefits with them and are getting more active. We plan to expand the Borrow Scheme to Carrickphierish Library and the Central Library very soon! **Find out more on our website www.waterfordsportspartnership.ie**

MEET STEPHEN FRAMPTON – *one of our Men on the Move tutors.*

My name is Stephen Frampton. I worked in Banking and Finance for 33 years before following my REAL passion to work in the Sport, Health and Wellbeing sector. I've always enjoyed every sport, but played Hurling, Football, Soccer and Rugby competitively. In later years, while still being involved in coaching Hurling, I enjoy golf, tennis, swimming and most recently paddle tennis. I still like to try out other sports. Suffice to say, I like to be active!!



What is Men on the Move programme?

Men on the Move is an excellent and safe programme to get men active for the first time in their lives or just to get back moving after a period of inactivity. There are many reasons for the inactivity, but we don't focus on that!

What you are trying to achieve / goal of the programme?

The goal for the Men on the Move Programme is to introduce men to exercise and movement in a safe, fun way. Also, to learn HOW to train or move so that it can be integrated into their day to day lives and ensure a better quality of life.

What is involved in Men on the Move programme?

Training with Men on the Move will include Mobility, Strength and Cardio. This will ensure improved flexibility and strength to help avoid joint and back pain and improve heart health. At my age, I too feel some aches from previous injuries, but staying strong and flexible helps reduce joint pain!

Why would you encourage men to take a part in Men on the Move programme?

It's never too late to start on a healthy journey, improvements in all aspects of health can be made at any age. Additionally, the intangibles: exercise is fantastic for your mental health and general energy levels.

2024 Men on the Move Programmes

starting . . .

Monday January 15th @ 6.15pm

Led by Stephen Frampton | Kingfisher Club | Waterford

Wednesday 17th January at 6.15pm

Led by Aoife O'Mahoney | Causeway Tennis Club | Dungarvan

Book on www.eventbrite.ie

FOR FURTHER INFORMATION PLEASE CONTACT:

Natalia Pocolujko on 086 165 4305 or email

npocolujko@waterfordsportspartnership.ie



Men's Health NUTRITION WORKSHOPS *with Ciara Sheedy, HSE Community Food & Nutrition Worker.*

Healthy eating advice for men to optimise energy, wellness and maintain a sustainable balanced diet.

Thursday 1st February @ 6.30pm

at the Causeway Tennis Club | Abbeyside | Dungarvan

Friday 2nd February @ 7pm

at the Kingfisher Club | Tramore Road | Waterford



ABOUT THE WORKSHOP: The Nutrition Workshop will provide practical healthy eating advice for men to optimise energy, wellness and maintain a sustainable balanced diet. The 60-minute workshop will cover topics such as heart health, reducing saturated fat and salt, portion guidelines, cooking tips, weight maintenance and fuelling the body for exercise. Participants will also receive informative resources and a recipe book to bring home to support a healthy lifestyle.

ABOUT THE PRESENTER: Ciara Sheedy is a Community Food & Nutrition Worker for Waterford City as part of the Slaintecare Healthy Communities initiative. Ciara works with schools, charities and organisations to improve community health and wellbeing. She runs a range of workshops and programmes across the city with all ages to empower people to make healthier food choices.

€5pp* | Book now on www.eventbrite.ie

**The workshop is free of charge for participants of the January Men on the Move or HIM OUTDOORS programmes.*

FOR FURTHER INFORMATION PLEASE CONTACT:

Natalia Pocolujko on 086 165 4305 or email npocolujko@waterfordsportspartnership.ie

HIM OUTDOORS

HIM OUTDOORS is an new taster programme which was created after taking into consideration the feedback from our Men on the Move programme participants. The main purpose of the 4-week taster session is to bring men closer to the beautiful outdoors. The programme includes different types of activities that will improve endurance, strength and mobility in a fun social environment. HIM OUTDOORS will be delivered in two locations; Waterford City and Dungarvan.

DUNGARVAN

Starting

Thursday 8th February

10.45 to 11.45am

**Meeting @ Outdoor Gym
Fairlane Park**



TUTOR: Jessica Sanderson

Week 2 - Forest Walk

Meeting @ Colligan Woods

Week 3 - Intervals

Meeting @ Railway Cottage

Week 4 - Beginner Functional Strength Session

Meeting @Town Park

WATERFORD

Starting

Thursday 8th February

10.30 to 11.30am

**Meeting @
Kilbarry Nature Park**



TUTOR: Stephen Frampton

Week 2 - Padel Tennis

Meeting @ Woodlands Leisure Centre

Week 3 - Activator Poles

Meeting @ Tramore Sandhills Car Park

Week 4 - Outdoor Gym

Meeting @ The People's Park

€10pp for full programme | Book your place on www.eventbrite.ie

Table Tennis

In partnership with the Active Cities project , we purchased a number of table tennis tables so that we could co-ordinate and deliver a 6-week table tennis programme in the SETU Arena. Philip and Eoin from Munster Table Tennis travelled down to facilitate the programme. Over 35 people attended the programme with great feedback from all the participants. There is a club in the process of being officially setup with the help of Munster Table Tennis. The club is currently open to over 18's and meet in SETU Arena on a Wednesday night from 7-9pm. The club has two wheelchair accessible tables available and we are encouraging anyone who would like to try table tennis to get in touch. **If you are interested please contact Eoin Kelly from Munster Table Tennis on (087) 050 9147.**



An Introduction to Menopause - 'MIND your BODY and CONNECT with yourself'

We partnered with Waterford Libraries to deliver 'An Introduction to Menopause'. We hosted workshops in two different locations on Thursday 12th of October in Carrickpherish Library and Thursday the 26th of October in Dungarvan which were very well attended and the feedback was excellent.

The main speaker of the night was Breeda Bermingham, a Menopause Educator, Workplace Wellness Consultant, bestselling Author and Founder of the Midlife Women Rock Project and Cafes. She has been working in the Menopause space since 2019 and has worked with hundreds of women enabling them to manage their menopause years positively and pro-actively. Breeda is passionate about ensuring that women understand menopause and themselves during these years.

As part of the workshop, WSP tutor, Kiara Murphy, delivered a taster yoga introduction session. The women in attendance were offered the chance to sign-up for a FREE 'MIND your BODY and CONNECT with yourself' series of online Yoga classes. The feedback was fantastic and we will be looking for new opportunities in 2024 to offer more support to this particular target group.

Please be free to contact Natalia on 086 165 4305 or email npocelujko@waterfordsportspartnership.ie with any suggestions that might be relevant to our future work in this space.



Kick Fit - Women only Fitness through Football

We teamed up with the FAI to offer Kick Fit to women over 18 in Waterford City. The programme proved very popular, selling out in a flash. The five week, indoor sessions were led by experienced FAI coach, Tommy Griffin, who got great feedback after each session. Tommy established a great relationship with the group and made training full of laughter and fun. Sessions were built to embrace football skills as well as improve general fitness and coordination. Keep an eye on our social media for new opportunities in 2024.



Women on the Move

Women on the Move is a six-week physical activity programme aimed at supporting women to become active and improve their health in a fun and sociable environment. The sessions are tailored to suit a mixture of abilities from beginners to those looking to get more active! The sessions, which are led by a qualified and experienced tutor, aim to improve cardiovascular health, strength, flexibility and mobility. Participants are also encouraged to do some activity themselves between sessions.

Since September, we have run 4 blocks of Women on the Move programme in Dungarvan and Waterford City. The programme is highly popular and usually sells out very quickly. The last blocks finished just before Christmas and were really well attended. We are running new programmes in January in Dungarvan and Waterford City which are already fully booked.

FEEDBACK

'Fabulous programme, not competitive & nice atmosphere'

'Jess is an amazing coach. I am looking forward to signing up again. I have got the girl power vibe!'

'I really enjoyed the encouragement & like minded people present I would definitely go again a good challenge'



HER MOVES – Teen Fit

Starting Tuesday 23rd January

Kingfisher Club Waterford

WHAT IS HER MOVES?

Her Moves is designed to inspire and support more teenage girls to be active. It's about empowering all young women, building confidence and providing motivation to find something that gets you moving. This is a community for all teenage girls to join and *FIND SOMETHING THAT MOVES YOU!*

Her Moves – Teen Fit is aimed at inactive teenage girls to become more competent in the gym and fitness setting. The 6-week programme will show girls correct techniques to perform when working out and will provide girls with knowledge and experience that will increase their confidence when on the gym floor as well as during exercise to music and team sports. The Programme will start on Tuesday 23rd January at 4.30pm in Kingfisher Club and will be delivered by female instructor Margo. The programme will be preceded with an Online Physical Activity & Female Physiology Webinar delivered by Orna Murray the owner of Move2Be on Monday 22nd January 2024 at 6.30pm.

Each girl who signs up will receive a 6-week programme, tailored to their abilities and will be offered a free month's membership with Kingfisher Club Waterford once the initial 6-week programme has finished. The programme is designed to get girls active, increase confidence, increase energy levels, and promote a physically active lifestyle.

The Programme is for girls aged 16 - 19. All programmes have very limited availability, so don't miss out!

€5pp for full programme | Book on www.eventbrite.ie



FOR FURTHER INFORMATION ON PROGRAMMES FOR MEN, WOMEN & TEENAGE GIRLS
Please contact: Natalia Pocelujko on 086 165 4305
or email npocelujko@waterfordsportspartnership.ie

WSP & SETU Sports Hub Coaching Workshops

In November, we partnered with SETU Sports Hub to create a workshop series to support sports coaches and volunteers that coach young athletes. The SETU High Performance Manager, Jamie Dalton, facilitated both workshops. Jamie is a graduate from the South East Technological University and has completed a degree in Sports Coaching and Performance. Jamie is experienced in developing, measuring, and leading strength & conditioning sessions for young athletes through his work as Head of Strength & Conditioning with Waterford FC, and experience in the UK as an Assistant Sports Scientist with West Brom Albion FC.

The first workshop covered the fundamentals of coaching considerations when working with young athletes and the second workshop covered how to design and implement an effective warm-up protocol for young athletes. Each workshop included both theory and practical elements. Both workshops were attended by coaches and volunteers from a broad spectrum of sports: rugby, soccer, muay thai, orienteering, soccer, and camogie. All of attendees participated in group discussions and were able to share their experiences and they all supported each other if solutions were sought for situations that might arise in their clubs when coaching young athletes. Well done to all the coaches for giving up their free time to attend the workshops. Special thanks to SETU Arena and Jamie Dalton for facilitating the two very informative and engaging workshops. We hope to provide more coaching workshops in 2024.

Please get in touch with us if there is a topic that your club would like to see covered at a coaching workshop, please email sbrannigan@waterfordsportspartnership.ie



Sports First Aid Courses

We co-ordinated three subsidised sports first aid training courses for Waterford based sports coaches and volunteers during September, October and November. In total, 28 people attended the certified training courses and all can now put their first aid skills into action in their respective clubs. Thank you to Premier First Aid Training for facilitating these courses that were held in Kilmacthomas, Waterford City and Dungarvan.



Feedback from the 2023 WSP Club Development Grant

In 2023, we awarded €11,617 to sports clubs across Waterford city and county through our Club Development Grant Scheme. The WSP Club Development Grant aims to support initiatives that will lead to an increase in participation levels in sports clubs across Waterford. Priority for funding was given to minority sports clubs, and for initiatives targeting low participation groups and the target groups identified in the WSP Strategic Plan 2018-2022.

Here is just some of the feedback from Clubs who received the grant funding:

"We would like to acknowledge Waterford Sports Partnership for funding received in relation to a grant used for Coaching courses. We are a small club and any support we can get to further our coaches' skills and knowledge is greatly appreciated."

Ardmore and Grange Ladies Football

"Without this grant our club would struggle to provide equipment for our members. It is greatly appreciated."

Tycor FC

"The funding has allowed a lot of people to try tennis, without incurring the upfront cost of purchasing a racket and having a qualified coach who knows how to make the activity fun and engaging for everyone."

Lismore Tennis Club



Online Safeguarding Training

In 2023, we delivered a total of sixteen Safeguarding Courses (13 x SG1, 1 x SG2, 1 x SG3) to a total of 243 club volunteers. By following the principles, policies and practical guidelines, coaches can play their part in providing a safe and enjoyable environment for young people to learn and thrive.

For more information please contact Brian O'Neill

on 086 020 1219 or boneill@waterfordsportspartnership.ie.

CHECK OUT THE 2024 DATES ON THE CALENDAR ON PAGE 16.

BOOK ON www.eventbrite.ie



2024 CALENDAR OF TRAINING & EVENTS

January 2024				
Monday 15 th January	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 29 th January	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
February 2024				
Monday 26 th February	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
March 2024				
Monday 4 th to Sunday 10 th March	Women in Sport Week 2024	More info coming soon!		
Monday 25 th March	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Wednesday 27 th March	Safeguarding 2 - Club Children’s Officer Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
April 2024				
Thursday 11 th April	Safeguarding 3 - Designated Liaison Person Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
May 2024				
Saturday 11 th to Sunday 19 th May	National Bike Week 2024	More info coming soon!		
Monday 13 th May	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
June 2024				
Thursday 6 th June	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
August 2024				
Monday 12 th to Sunday 18 th August	HER Outdoors Week 2024	More info coming soon!		
Monday 26 th August	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
September 2024				
Monday 16 th September	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 23 rd September	European Week of Sport 2024 Starts Today!	More info coming soon!		
Saturday 28 th September	Positive Ageing Week 2024 Starts Today!	More info coming soon!		
October 2024				
Monday 7 th October	Safeguarding 2 - Club Children’s Officer Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Wednesday 16 th October	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
November 2024				
Monday 11 th November	Safeguarding 3 - Designated Liaison Person Training Course	6 to 9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 18 th November	Safeguarding 1 - Child Welfare & Protection Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie

BMX Pump Track latest addition to Dungarvan's Linear Park

Waterford City and County Council (WCCC) recently completed the latest addition to the Linear Park at Fairlane in Dungarvan. Waterford Sports Partnership worked on the project with WCCC from the early stages and through development.

The BMX Pump track comprises of a 120-metre-long beginners track and a 420-metre advanced track and is the ideal amenity for BMXers to test their ability to 'pump' speed from the track using the rollers and beams. This track was funded with €195,000 secured under the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media Sports Capital Programme. As part of the project, WSP and WCCC consulted with BMX Ireland and Cycling Ireland for advice on the specification for a BMX Pump Track and to ensure the most authentic 'pump' experience for its users.

Cathaoirleach of the Dungarvan / Lismore District, Cllr. Pat Nugent, was delighted to officially open the track and said "It's wonderful to see the addition of such an accessible, high calibre track to the park. The feedback from Cycling Ireland, BMX Ireland and the local visitors to the park has been so positive. The amenities in this park have flourished and the Learn to Cycle track, performance area, skatepark, BMX Pump track and the imminent completion of an adult exercise area are all fantastic additions to the community landscape and will encourage people of all ages to get out and about and try something new in a safe, family-friendly outdoor area."

Peter Jones, Waterford Sports Partnership commented, "The input of Cycling Ireland and BMX Ireland was invaluable throughout the process. In consultation with their members, we were able to deliver a top-class track that is as accessible to beginners as it is challenging to advanced riders."

Kieran Kehoe, Director of Services with Waterford City and County Council added, "As a Smarter Travel Town, Dungarvan is leading the way in providing outdoor cycle and walking facilities to encourage a more sustainable and healthier lifestyle to all ages. The Local Authority will continue to invest in such amenities so that the benefit can be reaped by everyone in the town and surrounding areas."

The Pump track was constructed in a sustainable manner, applying the principles of the circular economy in terms of reuse of materials and life cycle costing. Recycled aggregates were used in the build-up of all slopes, banks and ramps and these were provided by quarries in the Dungarvan area. Works were completed earlier this month by contractors Trailbreaker, along with VeloSolutions which developed the plan for the track.

We will be making use of the BMX pump track in 2024 by offering BMX introductory sessions and short term programmes for school children and the general public in partnership with TrailBikeBody MTB coaching.

For further information on how to use the track and BMX opportunities, please contact Peter Jones at pjones@waterfordsportspartnership.ie



BeActive Night

We kicked off European Week of Sport in the People's Park in Waterford City with 'Activity Fest' on Saturday 23rd September 2023 for #BeActive Night. To start the evening, the Mayor of Waterford City and County Council, Councillor Joe Conway, launched the new BoxUp unit in the park.

This was followed by participants trying their hand at a range of different activities and sports such as archery, pétanque, balance bikes, activator poles, basketball, boxing, games and lots more. Everyone that attended had great fun despite the weather! Thanks to all the clubs, tutors and helpers that made the event a success.



BoxUp Comes to Waterford

We are delighted to bring a new and innovative free equipment sharing solution to the People's Park in Waterford City. The BoxUp locker, which was funded through the Dormant Accounts Active Cities Fund via Sport Ireland, was officially launched by the Mayor of Waterford City and County, Cllr. Joe Conway, on Saturday 23rd September 2023 and is now freely available for the public to use. Introducing BoxUp to the People's Park could not have happened without the valuable support of Waterford City & County Council staff in the installation of this 6-locker unit which compliments a number of new physical activity installations introduced in the People's Park by Waterford City & County Council and Waterford Sports Partnership in recent months.

Following the launch, the public were shown how to **download the BoxUp App** and given a chance to use the equipment. **The BoxUp unit works by using the FREE app, you don't need any credit card details to register just I.D and you can use the equipment for up to 3 hours.** The equipment contained in the six lockers are basketballs, table tennis bats and balls, boules, a skateboard, frisbees and a balance bike. This is just one example of the great collaborative work that is happening between the Active Cities Waterford Project and Waterford City and County Council.

BoxUp Launch!

'I am delighted to launch the BoxUp unit here today. It's a wonderful addition to the People's Park. It will help to make sport and activity accessible to all and will help to activate the many quality installations in the park including the skatepark, basketball court, pétanque court, table tennis table and of course offer children the opportunity to use a balance bike on the safe pathways throughout the park. Well done to everyone involved.'

Cllr. Joe Conway
Mayor of Waterford City & County



Learning to Live and Work in Ireland

Waterford Sports Partnership staff were delighted to be included as guest speakers for week 3 of the Training for Life and Work in Ireland Programme which is being run by the HSE Sláintecare Healthy Communities Programme, Waterford City & County Council, Adult Literacy for Life, Waterford and Wexford Education and Training Board, Turas Nua and the Department of Social Protection. The aim of the pilot programme is to support migrants to prepare for a new life in Ireland in terms of Employment, Education and Health and Wellbeing. WSP staff delivered a presentation on the Active Cities Project in Waterford and nationally and what programmes were on offer currently. The group then went for a stroll in the People's Park and visited the new BoxUp unit and learned how to use it. They also visited a number of the other new facilities in the park that were funded through the Active Cities Project and Waterford City & County Council



Bike Bunker at Abbey Community College Ferrybank

We worked in partnership with Waterford City & County Council to provide The Abbey Community College with access to one of our Bike Bunkers. The Active Cities Project is all about building relationships and working in partnership with different partners to increase the opportunities for the people of Waterford to be physically active. The bike bunker initiative is an excellent example of this, encouraging teachers and students to cycle to work/school by providing a secure place to store their bikes. We at Waterford Sports Partnership look forward to working with Waterford City & County Council and the Abbey Community College in 2024 to promote more sustainable modes of transport such as walking and cycling.

Helen O'Connor, Deputy Principal of Abbey Community College welcomed the installation of the bike bunker on the schoolgrounds, saying, "Already we are seeing a shift to active travel, particularly amongst our staff members. We have a number of staff members who carpool, and then cycle from school to Dungarvan along the Waterford Greenway. There has been a definite shift in patterns of travel, and I have no doubt that the completion of the works on the North Quays, along with the delivery of the Southeast Greenway will act as a catalyst for more staff members and students to cycle to and from school" Cecily Johnston, Project Manager with Waterford City and County Council said, "By introducing the infrastructure and access paths that encourage and harness a modal shift from cars to cycling, initiatives such as this, will hopefully get more people thinking about their travel habits and encourage them to use more sustainable modes of travel."



Southland Sirens Roller Derby Club

Active Cities Officer, Lauren, and Community Sports Development Officer, Natalia, visited Southland Sirens Roller Derby's beginner sessions in October to learn some roller skating skills. The club run beginner sessions every Tuesday in the Kingfisher from 7-9pm open to men and women aged 18+. We are hoping to partner with them in 2024 and run another beginner's programme. What a great way to #BeActive!



Central Avenue refurbishment project in partnership with Waterford City & County Council

Active Cities has partnered with Slaintecare Healthy Communities and Waterford City & County Council's Housing Department to develop the green space in the Central Avenue social housing estate. The project aimed to improve the overall look and feel of the green space by transforming the area which would in turn reduce dumping and anti-social behaviour by putting in flower beds, benches, trees and paths. The Active Cities Project part funded the project to put in paths for children to cycle on and for adults to walk on. The project has improved the

walkability of the area and also encourages residents to get out and be active in their estate. The Larchville Lisduggan Residents Association won the All-Island Pride Of Place Awards for Urban Communities on Friday 10th November. This is a highly prestigious 32 County Award and is a fantastic achievement for the group and the Central Avenue project was just one aspect of work the group had focused on for 2023.



Waterford City Social Prescribing – Walking Programme

The Active Cities Project teamed up with Waterford City Social Prescribing Centre based in the Sacred Heart Family Resource Centre to fund a walking programme for participants. The first walk took place on Friday 24th December at 11am in the People's Park. WSP tutor, Sara Clooney, led the seven participants on their first walk. The group is hoping to start a walking group that meets once a week after the initial six-week programme finishes with the Social Prescribing Co-ordinator taking the lead on this. Well done everyone!



Healthy Waterford – Playful Streets Ballybricken Green

We supported Healthy Waterford with their Playful Streets event in Ballybricken Green on 5th September 2023.

The event was a huge success with over 50 people taking part in the many activities that were available to try out such as play, badminton, balance bikes, dancing and story time.

GAA & Healthy Waterford - Health and Wellbeing Conference

We were delighted to be a part of the Waterford GAA & Healthy Waterford Health & Wellbeing Conference on Monday 6th November at SETU Arena. A number of local organisations and clubs had information stands at the conference which was a great opportunity for networking and developing connections. Minister Mary Butler was the keynote speaker on the night, along with the HSE, An Garda Síochána and Ballygunner Healthy Clubs Initiative.



PACTE+ Active Governance Workshop

Active Cities Officer, Lauren attended the PACTE+ (Promoting Active Cities Through Sport) Active Governance Workshop hosted by Limerick Sports Partnership on 13th September 2023. There were speakers from Ireland, Switzerland, Austria and Norway exploring active city strategies in Europe and Ireland. The speakers shared knowledge, experience, and best practices for building Active Cities across Europe during the workshop. PACTE+ (Promoting Active Cities Through Sport) Active Governance Workshop.



Active Cities & Winterval Christmas History Walk

Active Cities Waterford teamed up with Waterford Treasures and Winterval to deliver a guided walking tour of the Viking Triangle, Christmas style! Fourteen adults took part in the tour which explored the vast history located within Waterford's Viking Triangle. Jamie, from Waterford Treasures, delivered an excellent tour which was both interesting and fun and everyone really enjoyed the experience. The group enjoyed some delicious mince pies afterwards in the Bishops Palace Café.



Check out the
Exercise Videos on the
Waterford Sports
Partnership
You Tube Channel!
For the People's Park
Outdoor Gym



Lauren Walsh-Kett is our Active Cities Officer

You can contact Lauren by phone on 087 117 8578

or by email at lwalshkett@waterfordsportspartnership.ie

Check out the Active Cities Section on our website for more information on the project
<https://www.waterfordsportspartnership.ie/active-cities-waterford/>

Walk for Life Autumn Series

We host our Walk for Life series regularly through the year, typically in Spring, Summer, and Autumn. This Autumn we planned four walks as part of the series. The walks were held in the People's Park in Waterford City, Crough Woods, Cappoquinn GAA and Waterford Nature Park. We had great attendance with an average of 40 people taking part in each walk. All walks were fully accessible which allowed participants of all abilities to attend, giving participants the option of walking 20 to 40 minutes at a pace that was suitable and enjoyable to them. After each walk participants had the opportunity to mix with other groups and chat over a well-deserved cup of tea or coffee and a scone. A special thank you to all who facilitated us with our tea/coffee and scones and showed excellent service and kindness to our participants.



Christmas Walk for Life

Well done to the seventeen people who took part in our Christmas Walk for Life in Tramore on a beautiful fresh December morning! A big thank you to the team at the Sandcastle Café for providing us with delicious tea/coffee, scones and mince pies.

Kick to Recovery

Well done to the participants from the Waterford Mental Health services who completed their eight-week block of training in October. Thank you to FAI Coach Tommy Griffin for running the session each week. This programme was developed by the FAI in partnership with the HSE Mental Health Teams and with the support of the Sports Inclusion Development 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.



Sports Inclusion & Disability Awareness Training

Since September this year we have delivered one Sports Inclusion & Disability Awareness course. This course was delivered online on the 8th of November to 11 participants. This Active Disability Ireland 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 covers many topics such as understanding disability, perceptions, communication, and inclusion. On completion, all participants receive a Sport Ireland and Active Disability Ireland endorsed certificate of attendance.



Disability Charter

- have you signed up?

Waterford Sports Partnership is calling on all Waterford organisations working in the Sport and Physical Activity area to sign the 'The Sports Inclusion Disability Charter'. The Charter was developed based on feedback from a survey that Active Disability Ireland (formerly CARA) carried out in partnership with Local Sports Partnerships across 24 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.

For more information on the Charter or to sign up please visit www.actedisability.ie



Surfing – Vitamin Sea Festival

Well done to all 20 participants who took part in the taster surfing session as part of the Vitamin Sea Festival in partnership with Oceanics Surf School in September. Two 1 hour 30 min sessions took place that day. So much fun was had! The children learned basic surfing skills and techniques such as position on the board, foot and body position and paddling. A massive thank you to the instructors from Oceanics Surf School, you were fantastic!



Ready Steady Pedal

Well done to all 20 children from the Waterford Down Syndrome Branch who completed the 8 week Ready Steady Pedal programme. The sessions took place in the RSC on Saturday mornings. The first group ran from 11-12pm and the second ran from 12-1pm. Each week the groups worked on a different skill, ranging from cycling on a variety of bikes including balance bikes, handcycles and trikes to on their own for the first time to hand signals and stopping! Thank you to Declan for coaching the sessions.



Boccia

Congratulations to all 15 participants who took part in the 4-week boccia programme in October in the Cill Bara Centre. The groups were split into two. Everyone's skills were greatly improved over the few weeks getting more and more competitive. Thank you to Declan Kelly for delivery of all of the sessions.

Chair Yoga

Chair yoga took place in Dungarvan library from Thursday November 9th-30th. Well done to all of the participants from Carriglea Services who took part. Each week there was an attendance of 8 participants. Thank you to Kiara Murphy for delivering a fantastic programme.



Social Soccer

Social Soccer was hosted by the FAI and WSP on the last Wednesday of every month for adults with a Disability in the Dungarvan Sports Centre. In the sessions the FAI Coaches ran two groups; one for participants of low-level ability and another for participants with a higher level of ability who want to play more competitive soccer. Lots of fun was had along with practicing and learning new skills. Big thanks to Gary Power for leading the sessions!



EQUIPMENT FREE HIRE AVAILABLE

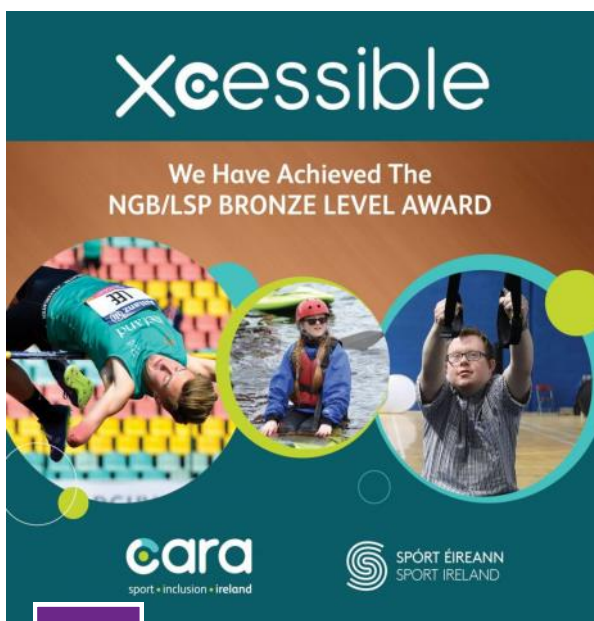
Boccia Kits | Pitch & Putt Clubs | Activator Poles

For more information please contact

Jordan on 086 167 5642 or email jordankelly@waterfordsportspartnership.ie

Communication Boards

Waterford Sports Partnership in conjunction with Waterford City and County Council developed Communication Boards for all Waterford playgrounds. These communication boards have been installed in all playgrounds across Waterford City & County. A communication board is a form of AAC (augmentative and alternative communication) that non-verbal people use to communicate with. The communication board has symbols and words that people can use to communicate what they want or need. These communication boards will not only make our playgrounds more inclusive but will raise awareness, offer social and emotional growth as well as support socialisation opportunities.



Xcessible Bronze Award

Xcessible has been developed by Active Disability Ireland (formerly CARA) to help support and empower National Governing Bodies (NGBs) and Local Sports Partnership (LSPs) to provide positive and meaningful opportunities for people with disabilities to take part in sport and physical activity. Xcessible is a three-staged resourced pathway designed to ease an NGB or LSP into the area of inclusion and support them through the process of developing and increasing their capacity to support people with disabilities to be active in their sport in terms of participation, coaching, volunteering, officiating and employment. Xcessible has been developed using the Sport Inclusion Disability Charter as a guiding tool. Waterford Sports Partnership is delighted to announce that we are currently working towards achieving the Bronze Award. In order to achieve the award, we will be required to provide evidence of our work and journey and present to the Xcessible panel early in 2024 on our experiences, results and the outcomes of work completed in line with the objectives of the Xcessible Award.

SportsAbility Day 2023!

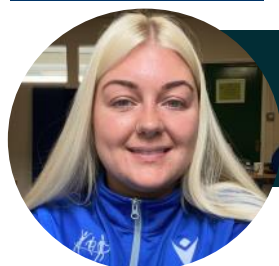
A very successful SportsAbility Day took place on October 1st in SETU Arena. Over 200 people came! The aim of this event was to showcase sports and activities that are available within Waterford city for people with a disability to join. The day began at 11am with local clubs and NBGs hosting information stands. Thanks to everyone who hosted the seven very informative information stands. These included Alex Malone from Paralympics Ireland, Adam Sommers from Active Disability Ireland, Little Vikings Special Olympics Young Athlete Club, Waterford FC, Park Rangers AFC, Irish Wheelchair Association and Motivate Fitness. From 12-3pm local clubs and NBGs hosted very enjoyable and fun taster sessions for people to come along and try out.

There were 19 activities and sports in total. These included: Table Tennis, Football for All, Athletics, Muay Thai, Pitch & Putt, Rugby, Hockey, Badminton, Powerchair football, Wheelchair basketball, Boccia, GAA for all, Footgolf, Archery, access to the High-Performance gym and Sprinting Track and access to all different types of bikes such as two wheelers, trikes, handcycles, trishaw and balance bikes which was run by WSP tutors Declan Kelly and Conor Colman. The event was hosted by the very talented Teresanne O'Reilly. Paralympians Hayley Fitzsimons, Nial Mc Veigh and Damien Vereker joined us on the day. Hayley and Nial gave a very informative interview about their sporting career while Damien helped and took part in the cycling activities.



DISABILITY SPORT CALENDAR | JANUARY TO MAY 2024

PROGRAMME	DATE & TIME	LOCATION	COST	DESCRIPTION
Chair Yoga	Friday 19 th & 26 th January 2 nd & 9 th February 1 to 2pm	Waterford Central Library, Lady Lane.	Free	This programme aims to enhance participant's strength, coordination, and flexibility, while encouraging body awareness and self-esteem. It can also reduce anxiety and stress and promote a sense of calmness.
Social Soccer	Wednesdays January 31st February 28 th March 27th April 24th May 29th 1 to 2pm	Dungarvan Sports Centre	€3 per person per week	For Adults with a Disability Social soccer offers something for all participants. Two groups will be formed based on the participants' ability. Those with mild to moderate disabilities take part in a competitive match and those with moderate – severe take part in fun activities and games.
Kick to Recovery	Tuesday 6 th February – 26 th March 11-12pm	Butler Community Centre	€3 per person per week	For adults in mental health services. We are working in partnership with the FAI to deliver an eight-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.
Walk for Life	Tuesday 27 th February - 19 th March 10:30-12:30pm	Various Waterford Greenway Locations	€5 per person	Waterford Sports Partnership is hosting a series of walks for people with a disability, all of which can be modified to cater for all abilities but be sure to check out the details before travelling. The aim of the series is to give people the opportunity to create links with others in their locality and experience some of the wonderful Waterford walks on offer.
Chair Yoga	Thursday 7 th Thursday 14 th Thursday 21 st Thursday 28 th March 12:30-1:30pm	Dungarvan Library	FREE	This programme aims to enhance participant's strength, coordination, and flexibility, while encouraging body awareness and self-esteem. It can also reduce anxiety and stress and promote a sense of calmness.
Muay Thai	Monday 25 th March - 15 th April 12-1pm	Waterford Muay Thai Club	€10 per person for 4 week programme Max 15 people	The programme is delivered by a qualified Muay Thai instructor. The classes are designed to increase fitness and well being while learning useful and effective self-defence.
Pitch & Putt	May 2024 <i>Dates to be confirmed.</i>	Waterford Regional Sports Centre	€5 euro per week Max 8 people	We are teaming up with be Rory Fives PGA from McGuirks Golf shop to deliver a 4-week pitch and putt programme for adults with a mild to moderate intellectual disability. Derry will teach participants some of the basics such as putting and chipping during the programme
Fishing	Wednesday May 1 st – 22 nd May 11:30-1pm	Ballyshunnock Reservoir	€10 per person Max 8 people	The programme is led by tutor Der Casey from St. Paul's Fishing Club. The programme will take place in the beautiful Ballyshunnock Reservoir. Ballyshunnock is a mixed course and trout fishery with angling access for individuals with disabilities.



For bookings or more information please call
Jordan Kelly on 086 167 5642
or email jordankelly@waterfordsportspartnership.ie



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on Facebook!

DISABILITY SPORT UPDATE

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.

Sports Inclusion & Disability Awareness Online Workshop: 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.

Disability Inclusion Training Online Workshop: This workshop is designed to provide participants 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. Attendees will be engaged through interactive group work, theory content and will be introduced to adaptation tools which will be applied to a variety of games and activities on how to make these inclusive for all ability groups.

Inclusive Fitness Training Online Workshop: 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.

Autism in Sport Online Workshop: This online workshop will provide attendees with an understanding of Autism focusing on the delivery of sport. It will help participants 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.

Inclusive Adventure Activities Training Online Workshop: This workshop is designed to inspire participants to help make their adventure activities and outdoor environments more accessible and inclusive for people with disabilities. The training will provide access to resources that will increase the knowledge related to Inclusive Adventure Activities. This online theory based workshop will involve exploring equipment and facilitating how to engage people with disabilities in an adventure environment, planning for adventure activities, planning for the unplanned with plenty of scenarios and practical activities (land and/or water based).

Inclusive Design for Outdoor Recreation Online Workshop: This training is designed to give an overview of the best practice outlined in **Great Outdoors, A Guide for Accessibility** and a foundation understanding of how to approach implementation of the guiding principles and recommendations of this document. It will cover use of the Self Assessment Checklist (auditing tool) and the preparation of an Access Improvement Plan for your amenity. The guidance is relevant to **all publicly accessible outdoor landscapes including high and lowland areas, parks, national parks, boglands, forests and forest parks, playgrounds, greenways, waterways and beaches** and their associated amenities and facilities.

If you or your organisation is interested in any of the Disability Training options on offer please contact Jordan Kelly on 086 167 5642 or email jordankelly@waterfordssportspartnership.ie

Beach Wheelchair Available for FREE HIRE in TRAMORE



BOOK ONLINE NOW @
www.waterfordssportspartnership.ie

For more information contact: Jordan Kelly on 086 167 5642 or email jordankelly@waterfordssportspartnership.ie

Disability NGB Contacts

Special Olympics

Sinead Costello - sinead.costello@specialolympics.ie

Vision Sports Ireland

Padraig Healy - padraig.visionsports@ncbi.ie

Golf Ireland:

Sarah Banville- sarahbanville@golfireland.ie

Football For All Development Officer

Brendan Corish - brendan.corish@fai.ie

Irish Wheelchair Association Sport

Joanne Wall - joanne.wall@iwa.ie

 <p>Down Syndrome Ireland Waterford & South Kilkenny Branch dsiwaterford.ie</p>	<p>Down Syndrome Waterford Branch info@dsiwaterford.ie</p>
 <p>Dyspraxia Ireland DCDynamo Multi Activity Club Waterford dyspraxiadcdwaterford@gmail.com</p>	 <p>Dyspraxia Ireland</p>
 <p>Haliwick Swim Club (PAN Disability) Sarah Flynn 083 1376847 vikinghaliwicksc@gmail.com</p>	
<p>Waterford Autism Social and Sport Action (WASSA) Bernie Murphy 086 663 7055 contact@wassai.ie</p>	
 <p>Little Conquerors Autism Group West Waterford Autism Parents Support Group Kevin Murphy 086 823 1653 canalmore@gmail.com</p>	
<p>Whitestransd Foroige Club for young children (10-17 years) with High Functioning Autism Contact Kara on 087 610 4430 whitestransdforoige@gmail.com</p>	
 <p>Bohemians FC - Football for All Club for young people aged 16 and over Jason Ryan 086 028 818 or info@waterfordbohs.com</p>	
<p>Park Rangers AFC - Football for All Club for young people aged 6 to 16 Contact: parkrangersffa@gmail.com</p>	
 <p>Little Vikings - Special Olympics Club for children with an intellectual disability, aged 4-12years Contact: membership@littlevikings@gmail.com</p>	
<p>Cappoquin Railway Football For All Contact: brendan.corish@fai.ie</p>	
 <p>Special Olympics Waterford Contact: louise.mcsweeney@bocsi.ie</p>	

Sport Ireland Physical Activity For Health

In October 2023, Sport Ireland held its first in person meeting of the Physical Activity Health Pilot Project working group members and the Physical Activity for Health Officers. This was a great opportunity to network with colleagues working in the area. Past experiences were shared about projects that were delivered for people living with chronic conditions. Discussions also took place about physical activity and the different types of chronic conditions; information was presented about charitable organisations and services that have been supporting and promoting physical activity for people living with chronic conditions. Also, up for discussion was the potential training opportunities for fitness professionals.

HSE Physical Activity Pathways in Healthcare Symposium

The inaugural Physical Activity Pathways in Healthcare Symposium took place on the 14th September 2023 in the Hilton Kilmainham Hotel. The event was hosted by the HSE Health & Wellbeing – Healthy Eating Active Living (HEAL) programme and was attended by over 80 professionals from the health services, mental health services, health and wellbeing staff, and local sports partnership Co-ordinators and Physical Activity for Health Officers.

The HEAL programme is currently working to develop, refine, implement, and evaluate a national Physical Activity Pathway in Healthcare Model (PAPHM) to enable people at risk and/or living with chronic disease to become and remain physically active in their communities.

The aim of the event was to facilitate the creation of a community within our healthcare system for knowledge sharing and learning to support the implementation of a physical activity pathway in healthcare model. The Symposium set the scene for the systematic integration of physical activity into prevention and management of chronic disease in the HSE with presentations on Making Every Contact Count, designing a Physical Activity Pathway in Healthcare Model in the HSE and introducing the Integrated Care Programme for the Prevention and Management of Chronic Disease in the HSE.

HSE Health Promotion & Improvement Officer, and WSP Board Member, Anne Hennessy, delivered an interesting presentation on Health Promotion in the Chronic Disease Hub at the event. Well done, Anne!

National Council for Exercise & Fitness (NCEF) and Limerick Sports Partnership - Physical Activity for Health for Chronic Conditions Workshop

As part of Sport Ireland's Physical Activity for Health pilot project all six PAFHOs identified that there is a need for greater educational/ training/ awareness opportunities to increase the knowledge of fitness professionals on ways to support people that are living with chronic conditions to engage/reengage them in physical activity. As a result, Limerick Sports Partnership, in collaboration with the NCEF, developed a pilot training opportunity for fitness professionals and LSP staff in the six PAFH pilot project locations.



Dr Karl Fleming and Margo Jackson BA PE NCEFT led the one-day training in the University of Limerick in November and six Waterford based fitness professionals attended the workshop, along with WSP's Physical Activity for Health Officer, Sinéad Brannigan. Topics covered included, American College of Sports Medicine (ACSM) guidelines, whilst delving into the latest research for exercise prescription for pulmonary disease, mental health, cardiovascular disease, diabetes, neurological disease, obesity and weight management, frailty and falls, arthritis, and cancer recovery. Participants that attended the workshop will be able to design specific exercise plans, underpinned by the latest research and recommended considerations for those chronic conditions. Thanks to WSP tutors Stephen Frampton and Kiara Murphy, and staff from Motiv8 Fitness and MOVE Dungarvan, Lauren Murphy and Kevin Doyle for attending the day and engaging in the workshop. This pilot workshop will now undergo an evaluation to explore options for its future provision.

Sinéad Brannigan is our **Physical Activity for Health Officer**

Sinéad can be contacted by phone on 087-459 6179

or by email at: sbrannigan@waterfordsportspartnership.ie



National Walking Day 2023

We partnered with Get Ireland Walking for National Walking Day in September to co-ordinate a family walk in Glenshelane Woods. The walk was postponed by a week due to the bad rainfall but was attended by ten people the following week. Sarah from Nature Therapies Ireland led the walk and incorporated some of her forest bathing skills into the walk. The group also stopped for a picnic along the way! All who attended enjoyed the walk despite the slight rain that fell on the day! Thanks to Sarah for leading the walk and to Jason from Get Ireland Walking for helping to co-ordinate the walk.



All of the fabulous walks across Waterford can be found in the 'Walk Waterford from Sea to Mountains' booklet which is available on the Visit Waterford Website.

Rescue Emergency Care 3 (REC3) | First Aid Course

In November, we co-ordinated a two-day outdoors First Aid Course for the Watersports clubs based in the West Waterford area. The REC 3 was held in the Cappoquin Rowing Club and was fully attended with members from the rowing club, Villierstown Boating Club and some WSP tutors and Staff in attendance. The course provided the group with the skills and knowledge on how to handle situations that may arise in their clubs/groups. There was a heavy focus on the dangers of being in and around water due to the nature of the clubs on the course. A special thank you to Seán from Mediforce for delivering a very thorough and engaging course! Well done to all who attended and completed the course!



Chair Mobility

In November, we piloted a new programme with a new tutor in Cappoquin Community Centre. Mark from Adaptation Therapies delivered a 4-week Chair Mobility pilot programme. The programme worked on increasing the individuals range of mobility through a series of exercises and movements. The programme was well attended and the group provided great feedback with some seeing big improvements in their mobility after just 4 weeks. A special thanks to Mark for delivering this new programme for us.



Now Booking! Chair Mobility in Cappoquin Community Centre
Four week Programme Starts Tuesday 30th January | 10 to 11am
€5pp for full programme | Book now on www.eventbrite.ie



Liz McEnaney is the Cappoquin, Lismore and Villierstown Community Sports Hub Development Officer

Please feel free to get in touch if you have any questions in relation to the Sports Hub on 087 739 6050 or email Liz at lmcenaney@waterfordspartnership.ie

Boxing Fitness- NSCYP

Northern Suburbs Community Youth project took part in a Boxing Fitness programme, following on from a successful taster session. Facilitated by I.A.B.A High-Performance Youth Coach, Lynne McHenry, the programme included warm-ups, shadow boxing, fitness exercises, pad work and bag work. Great effort by the group over the four weeks.



StartBox Programme- Manor St. John

We implemented two separate StartBox programmes for young people in Manor St. John Youth Services- one for the girls and one for the boys. Both groups learned about fitness and basic Boxing skills while most important, having fun doing the warm ups , pad work, bag work and cool downs.

Waterford Comhairle na nÓg Annual Youth Conference

Our Youth Sports Development Officer Brian O'Neill attended the Annual Comhairle na nÓg Youth Conference and facilitated some ice breakers/energizers to get the conference started. Over 160 young people attended the event and discussed topics in detail such as Mental Health and Bullying. Thanks to Amy, the Co-ordinator of Comhairle na nÓg for organising a fantastic day.



Learn to Swim Programme

Five female trainees from WYTEC took part in our Learn to Swim programme in Kingfisher Club. Over the five weeks, the girls made fantastic improvements in their swimming technique and confidence. Well done girls!!!



Waterford Street Soccer

We were delighted to support the Waterford projects involved in the Irish Street League, by providing Bibs and Balls. This initiative is lead by TREO Port Lairge, that includes organisations such as Focus Ireland, WYTEC and Depaul House to name a few. We plan to send a Waterford team to the Irish Street League Finals in Dublin in April 2024.

XLC Juniors Gaisce Award-Boxing Fitness

We were delighted to collaborate with the XLC Juniors in supporting their goal of achieving their first Gaisce Award. These young people hope to achieve this award by completing challenges in self-development, personal skills and physical recreation. We kicked off with a four-week Boxing Fitness programme, facilitated by I.A.B.A High-Performance Youth Coach, Lynn McHenry. Fantastic start towards gaining the Gaisce Award!!



Late Night Soccer Blitz

Fantastic turn out to our Late Night Soccer Blitz for Youth Projects. Almost 60 young people (aged between 11-13 yrs) from Manor St. John Youth Services, SHY Project, Dungarvan CYP, Farronshoneen CYP and the PACT Youth Project to name a few. Special thanks to FAI Development Officer Gary Power and to Community Garda Ian 'O Byrne for being the driving force behind this fantastic initiative.



De Paul Soccer Blitz

We collaborated with the FAI in assisting De Paul service users in preparing for a Soccer Tournament that took place in Dublin in November. Thanks to FAI Development Officer Gary Power in facilitating a skills session for the boys.

Youth Sport Mentoring Programme Horse Riding/Cycling

Dungarvan Community Youth Project and McGuire House availed of our Youth Mentoring through Sport Initiative. This initiative supports young people in developing their skills and personal development through their favourite Sport/Activity. Thanks to Donna's Livery Horse Stables and Wild Rover Cycling for facilitating and delivering the activities for this fantastic initiative.



Youth Coaching Fund

A limited Coaching Fund is available for any club who wishes 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 stage 1 to stage 2. For further information please contact Brian O'Neill on 086 020 1219 or boneill@waterfordsportspartnership.ie.

For further information on any of the initiatives featured here, please contact :



**Waterford Sports Partnership
Youth Sport Development Officer
Brian O'Neill on 086 020 1219 or email
boneill@waterfordsportspartnership.ie.**

CARRICKPHIERISH COMMUNITY SPORTS HUB CONTACT INFO

The following clubs run activities at Carrickphierish Sports Hub
Waterford Vikings Basketball Club | Waterford Badminton Club
Waterford Academy of Irish Dance | Waterford Volleyball Club
They can be contacted via their Facebook Pages.

Northern Suburbs Community Youth Project
can be contacted by emailing: northsuburbscyp@wstcys.ie

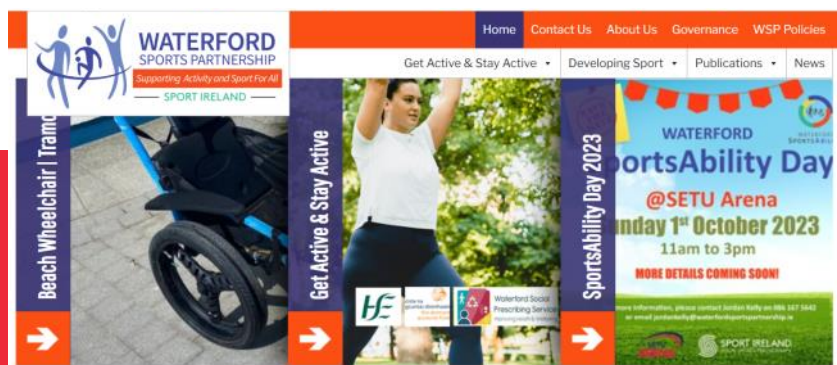
For more information on activities at Carrickphierish Community Sports Hub please contact Brian O'Neill on boneill@waterfordsportspartnership.ie or 086 020 1219.
For HALL BOOKING queries please contact Darren Sealy on dsealy@waterfordcouncil.ie.

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	Jonathan Tallon Munster Participation & Growth Co-Ordinator	086 796 1858	Jonathan.tallon@camogie.ie	www.camogie.ie
Confederation of Golf in Ireland	Carton Demesne	01 505 2075	info@cgigold.org	www.cgigolf.ie
Cricket Ireland/Munster Cricket	Joseph Moynihan	01 894 7914	manager@munstercricket.ie	www.cricketireland.ie www.munstercricket.ie
Cycling Ireland	Margo Finnegan Roisin Hickey	086 771 0712 086 882 8801	margo.finnegan@cyclingireland.ie coaching@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	John Quinn	087 765 6158	john.quinn.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	Corrairie 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 Gearóid Balfry	087 2520550 083 3534875	secretary@munsterladiesgaelic.ie gdo.munster@lgfa.ie	www.ladiesgaelic.ie
Munster Rugby	Olan Daly East Munster Participation Lead	086 062 6130	olandaly@munsterrugby.ie	www.munsterrugby.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
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	Padraig Healy	085 850 0193	padraig.visionsports@ncbi.ie	www.visionsports.ie
Volleyball Ireland	Conor Flood Amanda Burgio Club Support & Participation Officer	087 099 7659 086 817 3990	cdo@volleyballireland.com amanda@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

Regional Sports Centre, Cork Road, Waterford

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