

## IN THIS ISSUE

SUBJECT	PAGE
Junior Parkrun Dungarvan	1
Meet the WSP Team	2
Team Updates	3
Schools Programme Update	4
Active Older People	5 - 6
Programmes & Events	7-10
Training Courses	11
Bike Week 2024	12 - 13
Physical Activity for Health	14 - 16
2023 in Numbers	17
Club/Community Development	18
Outdoor Recreation	19
Disability Sport Update	20-25
Active Cities Waterford	26 - 28
Hub Updates	29
Youth Sport Update	30 - 31
Useful NGB Contacts	32



## Walton Park Junior Parkrun Officially Launched!

On Sunday 18<sup>th</sup> August, we celebrated the official launch of the Walton Park Junior *parkrun*! Since our first pilot event on Sunday 21<sup>st</sup> July in Walton Park, Dungarvan, a wonderful team of thirty local volunteers has helped 144 children complete a two-kilometre timed loop across five events.

This exciting journey began back in the winter of 2023, when WSP Programme Manager Peter Jones had an informal chat with Padraig Healy about the possibility of setting up a Junior *parkrun*. From there, they worked together to find a safe location for the event and build a solid volunteer base to make sure it would thrive. With support from Parkrun Ireland, Waterford City & County Council, and the local community, several volunteer meetings were held to ensure that this event would be safe, sustainable, and most importantly, enjoyable!

We're proud to say this is the only Junior *parkrun* in Waterford and one of just forty-one across the entire country. The event offers a two-kilometre timed walk, jog, or run for children aged four to fourteen. It takes place every Sunday at 9:30 am in the beautiful Walton Park. Like all community events, volunteers are the heart and soul, and we need thirteen volunteers to make each event a success.

Leading the way is our dedicated Race Director, Peter Cunningham, who ensures everything runs smoothly and safely. Peter has done a fantastic job and says, "We're thrilled to welcome runners of all abilities, aged four to fourteen, to our inclusive event every Sunday morning. It's a privilege to see so many smiling faces as the children complete their loops around the stunning Walton Park. A big thank you to Waterford City & County Council, Causeway Tennis & Bowls Club, Waterford Sports Partnership, Parkrun Ireland, and our sponsors VHI for supporting such a positive event. And of course, a massive thank you to our volunteers, who come out every week to ensure the safety of the runners and create a brilliant atmosphere. Parkrun Abú!"



If you have a child aged four to fourteen who would love to join in, or if you'd like to volunteer, we would love to see you in Walton Park, Dungarvan on Sunday mornings at 9:30 am!

For more information, please visit: [www.parkrun.ie/waltonpark-juniors/](http://www.parkrun.ie/waltonpark-juniors/)

## ANNUAL REPORT 2023

Our 2023 Annual Report has been published and is available to view in the 'Publications' section of our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)



# MEET THE WSP TEAM

The WSP Team works from two office bases in Dungarvan and Waterford City

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Finance & Governance Officer

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**Claire Whelan**

Finance & Governance

Officer (maternity leave cover)  
Phone: 058-21428  
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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, men, women, teenage girls, people with a disability, jobseekers and the general public in sport and physical activity. They also support local sports clubs and coaches, with a particular focus on training and education.

**Peter Jones**

Programme Manager

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Sports Inclusion Disability Officer

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**Jordan Kelly**

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**Brian O'Neill**

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**Sinéad Brannigan**

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**Lauren Walsh Kett**

Active Cities Officer

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**David Abbott**

Outdoor Recreation Officer

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Civic Offices, Dungarvan, Co. Waterford.  
058 21194 | info@waterfordsportspartnership.ie

**Waterford Office:**

Regional Sports Centre, Cork Road, Waterford.

STAFF MEMBER	FOCUS AREA	BASED IN
Peter Jones	Programme Management	Dungarvan
Sinéad Brannigan	Physical Activity for Health programmes and initiatives	Waterford
Brian O'Neill	Youth at Risk   DEIS Schools   Youth Leadership   Safeguarding   Carrickphierish Hub	Waterford
Pauline Casey	Disability   Disability Schools   Disability Training	Waterford
Lauren Walsh Kett	Active Cities Waterford	Waterford
Liz McEnaney	Outdoor Activities   Water Activities   West Waterford Hub   Club Development (City)   Training & Education	Waterford
Thomas Shaw-Hamilton	Women   Men   Adult Cycling programmes   WSP grants	Dungarvan
Jordan Kelly	Schools   Teenage Girls   Older Adults   Schools Cycling Training   Club Development (County)	Dungarvan
David Abbott	Outdoor Recreation Officer	Dungarvan

## Thank You & Farewell, Natalia!

In June, we bade a fond farewell to *Community Sports Development Officer*, **Natalia Pocolujko**, as she embarked on an exciting new journey with Get Ireland Walking. We wish her every success in her new role, where we know she'll bring the same fantastic energy and enthusiasm that she brought to her work in WSP. *Best of luck, Natalia – you'll be missed!*



## A New Role for Jordan . . .

Having worked with WSP since February 2023 under the Sport Ireland ASPIRE Graduate Programme, **Jordan Kelly** took up a new role with us in February as a *Community Sports Development Officer*. In her time on the ASPIRE Graduate Programme, Jordan made a huge contribution to the team, bringing lots of enthusiasm, energy and a solution-oriented approach. Jordan completed some fantastic work in the area of disability, notably supporting the SportsAbility Forum and the fantastic SportsAbility Day that she organised last October. Jordan also coordinated the production of Communication Boards for every playground in Waterford and helped to prepare WSP for the Active Disability Ireland Xcessible Bronze Award. Jordan's current remit will see her working on programmes for Active Older People and also coordinating our programmes for Primary and Secondary Schools, with a special focus on teenage girls. *Best of luck in the new role, Jordan!*

## Welcome to David Abbott, our 'Outdoor Recreation Officer'

We're excited to have **David Abbott** join the WSP team as our new *Outdoor Recreation Officer*. David, a proud Waterford native, brings a wealth of experience to the role. For the past 21 years, David managed the Association of Irish Riding Clubs, which boasts a network of over 120 clubs and 3,300 members across Ireland involved in equestrian pursuits like dressage, eventing, hunter trials, and show jumping. He has also served as a director of Horse Sport Ireland and chaired the Equestrian Skillnet, delivering training for the Irish Horse Sport industry. David has also worked as a journalist in print and radio. A true outdoor enthusiast, David is an avid hiker and mountaineer, with treks across Ireland and even as far away as Africa and Nepal. When he's not hiking, you'll find him horse riding, kayaking, stand-up paddleboarding, surfing, cycling, or sea swimming. We're thrilled to have him on board and wish him every success in his exciting new role! **For more on the Outdoor Recreation Project, check out page 19.**



## Welcome Back Pauline!

In September, we were thrilled to welcome **Pauline Casey** back to the team as our *Sports Inclusion Disability Officer* after her maternity leave. Pauline is eager to reconnect with all the disability organisations, clubs, and services in the coming weeks. We're excited to see her back in action! Best of luck, Pauline – we know you'll hit the ground running!

## A Warm Welcome to Claire & Best Wishes to Jenny!

We're excited to welcome **Claire Whelan** to the WSP team as our new *Finance & Governance Officer* (FGO), covering maternity leave. Claire will be based in our Dungarvan office, and we're thrilled to have her on board! At the same time, we send our very best wishes to **Jenny Brookes**, who recently went on maternity leave. Enjoy this special time, Jenny – we can't wait to hear all the exciting news!

## Welcome Thomas!

We are delighted to welcome our new, *Community Sports Development Officer*, **Thomas Shaw-Hamilton** to the team. A Stradbally native, Thomas is a water sports and winter sports instructor who is driven by a genuine passion for the outdoors and a commitment to health and fitness. Over the past four years, Thomas has run his own watersports business, worked in guest services and as a snow sports instructor for a number of ski seasons and has worked as a *Sports Development Officer* for SportsWorks UK, helping people transform their lives through sport and exercise by focusing on promoting active lifestyles and engaging communities. Thomas enjoys exploring the outdoors, surfing and training for triathlons. Thomas will be based in our Dungarvan Office and will be working to provide opportunities for Men and Women to get, and stay active. We wish Thomas all the best and are excited to have him onboard!



*We offer 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. Here is a summary of the activities that took place in the last few months.*

### Balance Bike Programme

This programme, designed for children aged 2 to 6 years, is the perfect starting point for learning to cycle. It's an excellent way to promote active lifestyles from an early age. The following schools took part in the programme in May and June: Presentation Pre-School, Scoil Lorcán, Presentation N.S., Tramore N.S., Glór na Mara N.S., Tramore Educate Together, St. Mary's Ballygunner N.S., Ursuline Primary School, Tiptoes Creche, and Kilmacthomas N.S. Each school received 15 balance bikes and 15 helmets. Videos on how to use the balance bikes, along with training materials, were also sent to the schools.

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

### Summer Camp StartBox Taster Session

On Monday 1<sup>st</sup> July, we delivered a StartBox taster session to 23 students from St. Joseph's National School, Dungarvan. This session introduced the boys to boxing, focusing on fun, movement, and participation rather than the technical skills of boxing. We plan to implement a full StartBox programme at the school later this year.



### Junior Leadership Programme

In June, we piloted a new Junior Leadership programme at Portlaw National School, engaging twenty-eight 5<sup>th</sup> class students in training workshops. This two-day programme helps students develop skills in communication, confidence, organisation, motivation, and planning. It also boosts physical activity levels in schools by incorporating the ABCs of physical literacy: Agility, Balance, and Coordination. A total of 164 young people took part in the programme. These students will deliver activities and games to 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> class students throughout the school year.



### Youth Leadership Workshop

On Thursday 20<sup>th</sup> June, in partnership with the Waterford School Completion Programme, we facilitated a two-hour Youth Leadership Workshop for three Junior Leaders. The aim of the workshop was to equip the young volunteers with the skills to organise physical activities and fun games in a safe, enjoyable environment. These leaders then assisted with the School Completion Programme's summer camp over five weeks. It's fantastic to see young people volunteering to help out with younger children at summer camps!

### Cycle Right Programme

Well done to all 20 students from St. Joseph's School, who took part in our six-week cycling programme in April! Each week, the group focused on a different skill, such as starting, stopping, turning, and using hand signals, all while having plenty of fun. A variety of bikes were used, including balance bikes, handcycles, trikes, and two-wheelers. For some participants, it was their first time cycling on their own! A big thank you to our cycling tutors, Declan Kelly and Aisling Cullen, for facilitating these fantastic sessions.



The following programmes have been offered to all Primary Schools this term: Balance Bike Programme, Playground Markings, Online Skipping Programme, Muay Thai Fitness, Cycle Right, Schools Badminton. **These additional programmes are being offered to DEIS Schools:** Cricket, Marathon Kids, Non-Contact Rugby, Junior Leadership and Athletics.



For more information on Schools Programmes, please contact:  
Jordan Kelly on 086 167 5642 | [jordankelly@waterfordsportspartnership.ie](mailto:jordankelly@waterfordsportspartnership.ie)

For more information or to register your interest for DEIS Schools Programmes, please contact: Brian O'Neill on 086 020 1219 | [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)



## Walk for Life

In June, our Older Adults *Walk for Life* summer series kicked off with the beautiful Dunmore East Cliff Walk. The series ran for five weeks across various locations in the county. Over this time, we had more than 60 participants join us for the walks. Everyone thoroughly enjoyed themselves, with the unanimous highlight being the tea, coffee, and scones at the end of each walk! A big thank you to the Bay Café, Lawlor's Hotel, Sandcastle Shop, and the Dunhill Education Centre for providing the refreshments.

**Next up is our autumn Walk for Life series. Here are the walks we've got planned for October:**



**Positive Ageing Week Walk**  
**Tuesday 1<sup>st</sup> October @ 10.30am**  
**Dunmore East Cliff Walk**  
 Meeting @ Cliff Walk Car Park

WALK	DATE/TIME	LOCATION
Dunmore East Cliff Walk	Tuesday 1 <sup>st</sup> October @ 10.30am	Meeting @ the Cliff Walk Car Park   Dunmore East
Tramore Promenade	Tuesday 8 <sup>th</sup> October @ 10.30am	Meeting @ the Public Toilets on the Promenade
Kilbarry Nature Park	Tuesday 15 <sup>th</sup> October @ 10.30am	Meeting @ the Kingfisher Club Cafe
Glenshelane Woods	Tuesday 22 <sup>nd</sup> October @ 10.30am	Meeting @ the Glenshelane Woods Car Park
Crough Woods	Tuesday 29 <sup>th</sup> October @ 10.30am	Meeting @ Crough Café   Mahon Bridge

**COST PER WALK: €5 includes tea/coffee & scone**

**All places MUST be booked in advance on [www.eventbrite.ie](http://www.eventbrite.ie)**

**FOR BOOKINGS OR FURTHER INFORMATION, PLEASE CONTACT:**

**Jordan Kelly on 086 167 5642 | [jordankelly@waterfordsportspartnership.ie](mailto:jordankelly@waterfordsportspartnership.ie)**

## Go for Life Games

Following the five-week programmes delivered in March in Lismore, Dungarvan, and Waterford City, we hosted an event at SETU for all three locations to come together and put their new skills to the test. Thanks to the students from the SETU Sports Department, we had a fantastic day, with over 30 Older Adults in attendance. During the event, the group was informed about the National *Go for Life Games* taking place in Dublin in June, and we were thrilled to enter a Waterford team! On 8th June, six participants proudly represented Waterford at the GFL National Games in DCU. The team competed in the three main games — Scidil, Flisk, and Malai. Everyone had a brilliant time and can't wait for the next event.



**Go For Life Games are back this November in the following locations:**

DATE/TIME	LOCATION
Four-week programme <i>Starting</i> Monday 18 <sup>th</sup> November @ 11am	Cill Barra Sports Centre   Ballybeg   Waterford
Four-week programme <i>Starting</i> Tuesday 19 <sup>th</sup> November @ 11am	Rainbow Hall   Kilmacthomas
Four-week programme <i>Starting</i> Wednesday 20 <sup>th</sup> November @ 11.30am	Cappoquin Community Centre

**COST: €10 for full four-week programme | BOOK NOW on [www.eventbrite.ie](http://www.eventbrite.ie)**

**FOR BOOKINGS OR FURTHER INFORMATION, PLEASE CONTACT:**

**Jordan Kelly on 086 167 5642 | [jordankelly@waterfordsportspartnership.ie](mailto:jordankelly@waterfordsportspartnership.ie)**

## 2024 Men's Sheds Festival

We were delighted to be invited to the 2024 Men's Sheds Festival in Portlaoise. We hosted a number of *Go for Life Games* taster sessions out on the grassy areas at Clodiagh House. Over 70 Shed members from various Men's Sheds across Waterford attended. Well done to everyone who took part. We hope to see you at our upcoming *Go For Life Games* programmes!! (See previous page for details.)



## CHAIR YOGA

We are delighted that there are now a number of Chair Yoga classes being run by private facilitators across Waterford. *All facilitators welcome newcomers (subject to venue capacity).*

This is not an exhaustive list and is just the available opportunities we are currently aware of.

**Please contact the provider directly in advance if you're interested in attending for cost and booking information.**

LOCATION	VENUE	DETAILS	PLEASE CONTACT:
Dungarvan	The Rehearsal Hub	Ongoing Thursdays @ 5.30pm	Kiara on 087 225 5222
Dungarvan	Dungarvan Rugby Club	Ongoing Mondays @ 10am	Mark on 087 1620349
Dunhill	Dunhill Multi-Education Centre	Ongoing Thursdays @ 10am	Saffron on 086 158 9864
Lismore	Lismore Heritage Centre	Ongoing Fridays @ 2pm	Mark on 087 1620349
Waterford City	Butler Community Centre	Ongoing Mondays @ 10am	Gráinne on 087 637 0502
Waterford City	SETU Arena	Ongoing Thursdays @ 1pm	Lisa on 087 655 8716
Tramore	Riverstown Community Centre	Ongoing Tuesdays @ 10am	Saffron on 086 158 9864

## Activator Pole Programmes

In May, we coordinated several Activator Pole programmes across the county. The 6-week blocks kicked off in Lismore with our tutor, Mark Landers. Following this, Sara Clooney delivered two more blocks – one in the city and one in Tramore. Towards the end of the month, our final block began with Kiara Murphy in Dungarvan. Throughout the 6 weeks, our tutors guided participants on various walks and taught them how to properly set up their Activator Poles. They also demonstrated a range of exercises that can be done with the poles. More than 35 people participated in the programmes across the four locations. A big well done to everyone who took part, and a huge thank you to Kiara, Mark, and Sara for delivering fantastic sessions week in, week out!

We are delighted to be running another series of Activator Pole programmes this autumn, which got going in mid-September in Dungarvan, Lismore, Tramore and Waterford City.



## Activator Pole Borrow Scheme

**FREE**

In 2022, we launched the *Activator Pole Borrow Scheme* in partnership initially with four libraries: **Lismore, Dungarvan, Kilmacthomas and Ardkeen**. Poles are now also available to borrow from the following three libraries: **Carrickphierish, Central and Tramore**. The poles are free to borrow for anyone who is a library member. The feedback from the libraries is that the individuals already using the poles are finding massive benefits and are getting more active.

Over the autumn, we are running some FREE Activator Pole introduction programmes. **Find out more on our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**



**For more information on programmes and activities for Active Older People, contact: Jordan Kelly on 086 167 5642 | [jordankelly@waterfordsportspartnership.ie](mailto:jordankelly@waterfordsportspartnership.ie)**



## St. Declan's Way Walks

Since May, we've partnered with the Knockmealdown Active group and Lismore Heritage Centre to offer monthly guided walks along the Waterford sections of St. Declan's Way. We kicked off in Mount Melleray in May, followed by walks in Lismore, Aglish, and Ballycurrane, wrapping up on National Walking Day (Sunday 29th September) by completing the pilgrimage route in Ardmore. Each walk had a fantastic turnout, with 15-20 people joining us each time.

A special thank you to Gráinne from Knockmealdown Active and Alice from Lismore Heritage Centre for leading the walks and providing wonderful history lessons along the way. We're excited to continue working together on more walks and activities in the coming months!



## ISSARD Walks

This year, we also formed a new partnership with ISSARD (Ireland's Specialist Search and Rescue Dogs), a local volunteer search and rescue organisation. As qualified lowland leaders, they lead guided walks for us in different areas across the west of the county. The first walk was the Glenshelane Woodland Walk in June, followed by the Ardmore Cliff Walk in July and Baylough in August.

The walks have been a big hit! The group lead another hike around the Nire Valley for National Walking Week in late September, which sold out in no time!



## HER Outdoors Week 2024

We coordinated a wide range of programmes and activities as part of national HER Outdoors Week (12<sup>th</sup>-18<sup>th</sup> August). Throughout the week, nine different activities were delivered, along with several safety talks and videos focusing on both water and mountain safety. Over 140 women participated in the various sessions and events during the week!



### Surfing

The week kicked off with a fantastic afternoon of surfing at Bunmahon Beach, where 18 women – including WSP’s female staff members – took part in a surf lesson with Bunmahon Surf School. Everyone had a brilliant time in the water, with the surf instructors delivering a fun and engaging session.



### Dragonboating

In partnership with the Waterford Dragonboat Club, we ran a four-week Dragonboating programme. Participants joined the club’s Sunday paddle sessions, learning the skills and techniques needed out on the water. The group enjoyed experiencing the beauty of the river and seeing the Quay from the water!

### Rock Climbing for Teenage Girls

In July, we started a six-week rock climbing programme for teenage girls which was led by instructor Claire Comiskey. The girls got to experience outdoor rock climbing and learn essential skills such as belaying, abseiling, and basic climbing techniques. Eight girls participated, and all showed an interest in continuing their climbing journey.



### Yoga in the Park

During HER Outdoors Week, over 35 women gathered in Walton Park, Dungarvan for a relaxing evening yoga session led by tutor Kiara Murphy. Everyone thoroughly enjoyed the class, which left them feeling calm and refreshed.



## Sunrise Yoga

On Friday 16<sup>th</sup> August, over 40 women gathered on Clonea Beach to watch the sunrise and take part in a wonderful yoga session, once again led by Kiara. The stunning sunrise views made it a memorable experience, and despite the chilly water, many participants finished the session with a dip in the sea! A special thank you to the Dungarvan Barracudas Swim Club for providing lifeguards for the swim.



## Mountain Biking

A three-week mountain biking taster programme was delivered by instructor Aisling Cullen. Participants learned basic mountain biking skills and gained valuable knowledge about the different types of bikes available. Well done to all who took part!

## Adventure Walk

The Irish Specialist Search and Rescue Dogs (ISSARD) team led an adventure walk in Glenshelane Woods. The group learned basic map reading and navigation skills, while enjoying a lovely walk through the woods. The highlight was a demonstration of the search dogs' impressive abilities – they definitely stole the show!



## Pétanque Open Day

On Sunday 18<sup>th</sup> August, Waterford Pétanque Club hosted an open day at the courts in the People's Park, offering women the chance to try out the sport. The event had a great turnout, and the group got to showcase Pétanque to the local community, many of whom had no idea that the sport was played in the park!

**A special thank you to all the clubs, tutors, and providers for helping to deliver another fantastic and successful HER Outdoors Week!**



## SAFETY VIDEOS

During HER Outdoors Week, we partnered with Water Safety Ireland (Waterford) and South East Mountain Rescue (SEMRA) to produce safety videos that we then aired across our social media platforms. A big thank you to Lola O'Sullivan for her expert tips in our *Water Safety* video and to Dr. Helen Connolly, who imparted very sound advice in a *Hiking/Hillwalking Safety* video. We got great engagement on our platforms, with lots of our followers sharing this useful content. The videos are available to view on our Facebook, Instagram and YouTube channels.

## Women's Beach Buddies

Over the summer, we delivered a *Women's Beach Buddies* initiative across Waterford city and county. The city locations included Tramore beach and Dunmore East beach, while the county locations were Clonea and Ardmore beaches. Each week, our tutor, Sara Clooney, led a short exercise programme and/or beach walk, and every session ended with a refreshing dip in the sea! Well done to all the women who took part.

## HIM Outdoors

A huge well done to all nine men who took part in the *HIM Outdoors* programme in July/August! This six-week programme featured a variety of activities and the sessions took place at the Tramore Sandhills and Kilbarry Nature Park. It was designed to help boost endurance, strength, and mobility, all within a fun and social environment.

A special thank you to our tutor, Stephen Frampton, for leading six fantastic sessions and for being so encouraging throughout.

## Men on the Move

*Men on the Move* is an eight-week physical activity programme designed for men aged 30+ who want to get back into exercise in a fun and social environment. The programme focuses on improving functional fitness through a variety of strength, aerobic, flexibility, and mobility exercises. Each 60-minute session is led by a qualified fitness professional and is tailored so participants can go at their own pace, working out alongside men with similar goals.



### PARTICIPANT FEEDBACK

*'I've less lower back issues, improved mobility and strength.'*

*'More energy. Less tired. Stretching exercises great for lower back issue.'*

*'Right level of intensity & great value.'*

### Men on the Move is back this October!

**8-Week Programme Start Dates:**

**Monday 14<sup>th</sup> October | 6:30 to 7:30pm @ Ballygunner Community Gym**

**Wednesday 16<sup>th</sup> October | 7.30 to 8.30pm @ Causeway Tennis Club | Abbeyside**

**Cost: €30 per person for full programme. Book now on [www.eventbrite.ie](http://www.eventbrite.ie).**

Over the next few months, we'll be reviewing our programmes for men as we plan for 2025. We'd love your input! If you're new to exercise, returning after a break, or want to know more about *Men on the Move*, please get in touch.

We're also open to feedback on any other activities you'd like us to offer.

**Please contact Thomas Shaw-Hamilton on 086 206 1083 | [tshawhamilton@waterfordsportspartnership.ie](mailto:tshawhamilton@waterfordsportspartnership.ie)**

## Women on the Move

In 2024, a fantastic 145 women took part in six *Women on the Move* programmes across Waterford City and Dungarvan! Our WSP tutors, Aoife O'Mahony, Jess Sanderson, and Stephen Frampton are dedicated to delivering an engaging, fun, and enjoyable experience for all. *Women on the Move* is an 8-week beginner fitness programme for women aged 18+. It's suitable for all fitness levels, with sessions that include basic bodyweight exercises, as well as cardiovascular and strength activities designed to improve general fitness, flexibility, and mobility. This programme is perfect for women who are returning to regular activity or just starting their physical activity journey.

### Women on the Move is back this October!

**8-Week Programme Start Dates:**

**Monday 14<sup>th</sup> October | 7:45 to 8:45 pm**

**@ Ballygunner Community Gym**

**Wednesday 16<sup>th</sup> October | 6.30 to 7.30pm**

**@ The Causeway Tennis Club, Abbeyside**

**Cost: €30 per person for full programme.**

**Book now on [www.eventbrite.ie](http://www.eventbrite.ie)**



Over the next few months, we'll be reviewing our programmes for women as we plan for 2025. We'd love your input! If you're new to exercise, returning after a break, or want to know more about *Women on the Move*, please get in touch.

We're also open to feedback on any other activities you'd like us to offer.

**Please contact Thomas Shaw-Hamilton on 086 206 1083 | [tshawhamilton@waterfordsportspartnership.ie](mailto:tshawhamilton@waterfordsportspartnership.ie)**

## TRAINING COURSES

### First Aid Training

Over the past few months, we've coordinated several First Aid courses for the public. We were delighted to partner with Seán from Mediforce again, as he delivered another fantastic REC 3 course in June. Twelve participants from various outdoor clubs and backgrounds attended the two-day course, all of whom said they gained valuable skills and thoroughly enjoyed the experience. Clodagh and Keith from Basic First Aid Solutions also delivered three one-day Basic First Aid courses, which included the PHECC Cardiac First Response – Community certificate. These courses were fully booked, and every participant left with new knowledge and essential First Aid skills. A special thank you to Waterford Marine Search and Rescue and The Park Hotel for providing the venues and refreshments for the courses, and to Seán, Clodagh, and Keith for delivering such excellent training sessions.



**NOW BOOKING!**

### Basic First Aid Course and PHECC Cardiac First Response – Community

Training will be delivered by Basic First Aid Solutions

Saturday 9<sup>th</sup> November | 9am to 5pm

Rainbow Hall | Kilmacthomas

€50pp | Limited Places

Book now on [www.eventbrite.ie](http://www.eventbrite.ie)

FOR BOOKINGS OR FURTHER INFORMATION,  
PLEASE CONTACT: Liz McEnaney on 087 739 6050  
or email

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

### Online Safeguarding Training

To date in 2024, we have delivered a total of 19 Safeguarding courses (17 x SG1, 1 x SG2, and 1 x SG3) to 219 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:

086 020 1219 | [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).

CHECK OUT THE REMAINING 2024 DATES ON THE CALENDAR

BELOW | BOOK ON [www.eventbrite.ie](http://www.eventbrite.ie)



## UPCOMING TRAINING COURSES

October 2024				
Monday 7 <sup>th</sup> October	Safeguarding 2 - Club Children's Officer Training Course	6-9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
Wednesday 16 <sup>th</sup> October	Safeguarding 1 - Child Welfare & Protection Basic Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
November 2024				
Saturday 9 <sup>th</sup> November	Basic First Aid Course and PHECC Cardiac First Response	9am - 5pm	€50pp	Rainbow Hall   Kilmacthomas Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
Monday 11 <sup>th</sup> November	Safeguarding 3 - Designated Liaison Person Training Course	6-9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>
Monday 18 <sup>th</sup> November	Safeguarding 1 - Child Welfare & Protection Basic Awareness Workshop	6-9pm	€15pp	ONLINE TRAINING COURSE Book on <a href="http://www.eventbrite.ie">www.eventbrite.ie</a>

## National Bike Week 2024

National Bike Week 2024 took place from Saturday 11<sup>th</sup> May to Sunday 19<sup>th</sup> May, funded by the Department of Transport. Since its launch in 2009, National Bike Week has raised the profile of cycling, promoting it as a positive activity for the community and the planet.



Waterford Sports Partnership, in collaboration with Waterford City & County Council and An Taisce Green Schools, coordinated a wide range of cycling programmes and events throughout Waterford city and county. This joint effort resulted in a full schedule of cycling activities, events and workshops for people of all ages and abilities, celebrating the many benefits of cycling as a healthy, fun, and eco-friendly mode of transport. From the E-Bike Guided Tour, Dawn Cycle, Lunchtime Cycles, and Greenway Night Cycles to Disability Cycle Workshops and Female Mountain Bike Taster Sessions, there was truly something for everyone.

Lunchtime Cycles on Wednesday 15<sup>th</sup> May were very popular. Cyclists took part in rides from Walton Park in Dungarvan and the House of Waterford Crystal on the Mall in Waterford City, using TFI Bikes. These midday rides offered a great way to see the best of the local area on two wheels, with a light lunch provided.



On Friday 17<sup>th</sup> May, the Waterford Greenway Night Cycle departed from SETU Arena Carpark in Carriganore at 9 pm, offering riders a chance to experience the spectacular sights of the Greenway at night. One of the standout events, the Passage East 30k Spin, took place on Sunday 19<sup>th</sup> May. Open to anyone over 16, this free event saw participants cycle from Waterford City to Arthurstown in Co. Wexford, with a scenic trip on the Passage East Car Ferry. Cyclists brought their own bikes and helmets and a light lunch was provided.



Another favourite was the Waterford Walls Guided Historical Bike Tour. This engaging event allowed cyclists to explore Waterford's rich heritage, visiting key landmarks and murals while learning fascinating historical facts from local guides.



The Bike Maintenance Workshops were a fantastic opportunity for participants to learn essential bike care skills from local experts. These hands-on workshops covered everything from basic repairs and tyre changes to advanced tuning techniques, helping cyclists to keep bikes in top condition. With dozens of free, fun events to choose from, Bike Week 2024 offered something for everyone. While all events were free, booking was encouraged to avoid disappointment.



## Social Cycling for Men & Women

In partnership with Dungarvan Cycling Club (DCC), we coordinated two *Social Cycling* programmes in Dungarvan for men and women. These six-week programmes aimed to ensure men and women could get out on their bike with like-minded people whilst also learning some key cycling skills under the expert guidance of DCC members.



## PARTICIPANT FEEDBACK

### Men's Social Cycle . . .

*'Really enjoyed the first evening, great to get my confidence back.'*

*'Thought everything was great, to be honest, and thanks to all the chaperones from the cycling club.'*

### Women's Social Cycle . . .

*'Really enjoyed last night, been meaning to get cycling for ages and the support was wonderful.'*

*'Thanks for providing me with a bike as well.'*  
*'It was a really pleasant evening and I think we all picked up some vital tips.'*

*'It was a great first night. I was worried I wouldn't be able to keep up but I'm glad that I went. Looking forward to next week.'*

## Schools Bike Week

Schools were one of our key target groups for Bike Week. By targeting schools, we can try to ensure that children gain the necessary cycling and road skills at an early age to maximise the chances of them using bikes not only for fun, exercise and enjoyment, but also for active travel. We coordinated the following opportunities for schools in Waterford:

### FEEDBACK

*'Yesterday's visit to the BMX pump track was INSANE!!'*

*'Brilliant for the children to actually be shown how to use the pump track. They were all a bit daunted beforehand but now know how to use it and I'm sure they will come again. It's a great idea.'*

*'The balance bike programme was a real hit, so simple but yet so effective for our junior and senior infants.'*

- Balance Bike Programme (10 schools)
- Cycle Right Training (2 schools)
- In-person Bike Maintenance (2 schools)
- BMX Pump Track and Cycling Skills at Fairlane Park, Dungarvan (4 schools)
- Online Bike Maintenance (6 schools)



## A Record-Breaking Year!

Bike Week 2024 was one of the most successful yet. A total of 3,212 participants of all ages and abilities took part in 47 events across Waterford during the week. We were also thrilled that 23 Waterford schools hosted their own cycling events, with around 2,005 students participating in a variety of programmes. Waterford Sports Partnership directly coordinated 30 events for 892 individuals, creating pathways for people to continue cycling. From school children learning bike maintenance to young people experiencing e-bikes and adults joining social cycles run by local clubs, there were activities for everyone. A particular highlight was the use of Dungarvan's cycling infrastructure by local schools, where children learned to use the cycle park and BMX pump track, an event that received excellent feedback from participants.

We were delighted to be part of the Bike Week Committee, which also included staff from Waterford City & County Council's Roads Section, Community Section, Road Safety Officer, Healthy Waterford Coordinator, Active Travel Team, and An Taisce Green Schools. Feedback from participants was overwhelmingly positive, with many continuing to cycle for transport, as a hobby, or both. We're already looking forward to hosting Bike Week 2025 in partnership with Waterford City & County Council, An Taisce, and local clubs and schools.



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

You can contact Sinéad on:

087 459 6179 | [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)

## Aqua Aerobics

Our popular Aqua Aerobics programmes for people living with arthritis and chronic pain returned in April and May in the Kingfisher Club. Seventeen people participated in the four-week programme in April, and twelve people participated in the five-week programme in May. At the end of the programme, participants were advised about regular pay-as-you-go Aqua Aerobics classes in Waterford City and surrounding areas. These included options in the Kingfisher Club, The Tower Hotel, and Splashworld. Many thanks to the Kingfisher Club, Aurora Café, and Elena for facilitating the programme.

### FEEDBACK

Participants were asked by the Physical Activity for Health Officer what they enjoyed about the programme. This is what they said:

*"It's low impact in the pool."*

*"Everything! The instructor makes it enjoyable. I love being in the water. My body feels better."*

*"Being physically active. Finding out that I could do the exercises/activities in the water."*

*"Being active and meeting new people."*

## Chair-Based Yoga

We coordinated two Chair-Based Yoga programmes for people living with chronic conditions in May. These took place in Dungarvan Library and Carrickphierish Library. In total, 33 people participated in the five-week programmes. Thanks to tutors Kiara Murphy and Lisa Kearney for facilitating the programmes, and to Waterford City & County Council Libraries for the use of their venues. At the end of the programme, participants were encouraged to avail of classes provided by Kiara and Lisa in the community. They were also provided with an opportunity to sign up for our *Stretch & Walk* programme that started in June.

### FEEDBACK

Participants were asked by the Physical Activity for Health Officer what they enjoyed about the programme. This is what they said:

*"It gave me a reason to start exercising."*

*"Being able to safely return to some physical activity."*

*"My flexibility improved, and I'm now more conscious of my breathing, and my balance has improved."*



## Stretch & Walk

*Stretch & Walk* was a new programme that we introduced in June for people living with chronic conditions. The programme was developed as a progression activity for people who enjoyed the Chair-Based Yoga programmes during the preceding months. The programme involved gentle interval walking, with stretching included during breaks from the walking. The programmes took place in The People's Park in Waterford City and in Walton Park, Abbeyside, Dungarvan. In total, 25 people participated in the six- and eight-week programmes, respectively. Thanks to WSP tutors Asta McCloskey and Mark Landers for facilitating the programmes.

### FEEDBACK

Participants were asked by the Physical Activity for Health Officer what they enjoyed about the programme. This is what they said:

*"I was able to expand the distance I could walk comfortably."*

*"The company of people who have similar difficulties and a tutor who is excellent."*

*"The people that I met, and it was suitable for all."*



## Move Well, Breathe Well

This is a new pilot programme involving collaboration between WSP and HSE Respiratory Physiotherapists. The programme has been developed to provide people with an opportunity to maintain the physiological gains they made during the eight-week physio-led Pulmonary Rehabilitation programme. This programme has just reached the mid-way point, and we currently have five participants attending the weekly gym-based session in Cill Barra Community Sports Centre, which is led by WSP tutor, Sara Clooney. The programme has been extended by an additional two weeks, based on the needs of the participants.



## Maintain Activity in Arthritis: Physical Activity Intervention Workshop

In May, the Royal College of Surgeons (RCSI) invited Physical Activity for Health Officers to participate in a discussion on the best ways to support those living with arthritis to be active in their everyday life. The discussion was informative and included many stakeholders: HSE Healthy Eating and Active Living, GPs, Arthritis Ireland, the Department of Health, Physiotherapists, Sport Ireland, and physical activity facilitators. There will be some positive developments emerging from this workshop in the future. Best of luck to the researchers in the RCSI.

## PAFH @ Sport Ireland Sports Development Officer Conference

The WSP Development Officer team attended the Sport Ireland Development Officer Conference in May. The work completed to date by the Physical Activity for Health Officers was showcased over the two-day event on a poster in the conference centre. It was great to see our Aqua Aerobics programme highlighted on the poster (left).



## HEPA Europe Conference 2024

Our Physical Activity for Health Officer, Sinéad Brannigan, and our Active Cities Officer, Lauren Walsh Kett attended the Health-Enhancing Physical Activity (HEPA) conference in Dublin in August.

The objective of the conference is to engage and connect scientists, policymakers, professionals, and other stakeholders to enhance and facilitate the implementation of knowledge in the field of Health-Enhancing Physical Activity. The HEPA Europe 2024 conference focused on "Implementing Health-Enhancing Physical Activity: The Importance of Inclusion." It brought together leading experts, young researchers, policymakers, professionals, and other stakeholders. The conference was a three-day event, and each Officer attended a day that was most appropriate to their role.



## PACC (Physical Activity for People with Chronic Conditions) Projects



### PACC Project 2

The Physical Activity for Health Officers attended and contributed to the PACC Stakeholder Symposium Qualification Framework in May. The symposium was very well attended, with key stakeholders from education, sport & fitness, health, and local sports partnerships all sharing information and experiences to support the ongoing progression to create a training framework.

### PACC Project 3

In July, S3 Solutions hosted a discovery workshop to unpick the signposting

process that has been operating in Waterford since January 2023. WSP staff and tutors participated in the discussion and shared their experiences of the signposting process with health professionals and staff from the Waterford Chronic Disease Hub and the Waterford Social Prescribing Service.



## Physical Activity for Health Programmes

These programmes aim to provide a service to those living with a chronic condition who wish to engage/re-engage in physical activity and may need additional support before participating in a local sports partnership programme.

\*Many of these programmes are available at reduced fees for GP/Medical Card Holders.

PROGRAMME	DATE/TIME	LOCATION	COST	WHO CAN ATTEND?
<b>Beginner Aqua Aerobics</b>	6-Week Programme <i>Starting</i> Monday 16 <sup>th</sup> September @ 9.45am	Kingfisher Club, Waterford	€45*	For people living with chronic pain and arthritis.
<b>Chair-Based Yoga for First Timers</b>	10-Week Programme <i>Starting</i> Friday 27 <sup>th</sup> September @ 10.00am	Hive Education, Dungarvan	€50*	For people living with chronic conditions.
<b>Chair-Based Yoga for Parkinson's</b>	10-Week Programme <i>Starting</i> Friday 27 <sup>th</sup> September @ 11.30am	Hive Education, Dungarvan	€50*	For people living with Parkinson's.
<b>Staying Fit for the Future Better Bones Better Balance</b>	10-Week Programme <i>Starting</i> Wednesday 2 <sup>nd</sup> October @ 10.00am	Cappoquin Community Centre	€60	For people who walk unaided and want to stay strong on their feet and falls-free for life.
<b>Staying Fit for the Future Better Bones Better Balance</b>	10-Week Programme <i>Starting</i> Thursday 3 <sup>rd</sup> October @ 10.00am	Fusion Centre, Dungarvan	€60	For people who walk unaided and want to stay strong on their feet and falls-free for life.
<b>Staying Fit for the Future Better Bones Better Balance</b>	10-Week Programme <i>Starting</i> Thursday 3 <sup>rd</sup> October @ 11.00am	Butler Community Centre, Waterford	€60	For people who walk unaided and want to stay strong on their feet and falls-free for life.
<b>Chair-Based Yoga for First Timers</b>	10-Week Programme <i>Starting</i> Friday 11 <sup>th</sup> October @ 12pm	Teacher Training Centre, Newtown, Waterford	€50*	For people living with chronic conditions.
<b>Beginner Aqua Aerobics</b>	6-Week Programme <i>Starting</i> Monday 4 <sup>th</sup> November @ 9.45am	Kingfisher Club, Waterford	€45*	For people living with chronic pain and arthritis.

FOR FURTHER INFORMATION, PLEASE CONTACT PHYSICAL ACTIVITY FOR HEALTH OFFICER,  
Sinéad Brannigan: 087 459 6179 | [sbrannigan@waterfordsportspartnership.ie](mailto:sbrannigan@waterfordsportspartnership.ie)

# 2023 IN NUMBERS

This infographic from our 2023 Annual Report highlights our impressive achievements in 2023, all summed up in numbers . . .

With our partners, our key achievements for 2023 include:

**8,727** people took part in **261** Programmes & Initiatives in **2023**

8,993 people took part in 260 Programmes & Initiatives in 2022

**977** people took part in **59** Training & Education Courses in **2023**

859 people took part in 59 Training & Education Courses in 2022

## WHO WE TARGET . . .

Young People & Youth at Risk | People with a Disability | Women & Girls | Men  
Older Adults | Disadvantaged People | Ethnic Minorities | Sports Club Coaches & Volunteers.



**633** girls/women  
took part in **35** initiatives



**162** men took  
part in **15** initiatives



**494** older adults took  
part in **42** initiatives

## PARTICIPATION

### Schools/Young People:

**1,584** students from **15** Primary Schools took part in Athletics Taster Sessions.

**943** students from **14** schools took part in the Non-Contact Rugby initiative.

**548** students from **9** schools took part in Marathon Kids.

**18** schools took part in our Balance Bike Training Programme.

**314** people took part in **6** Healthy Ireland Walking initiatives

**20** people took part in **7** Positive Ageing Week events

**88** women took part in **6** Women in Sport Week events

**200** people took part in Waterford SportsAbility Day



**890** young people/youth at risk took part in **31** initiatives



**828** people with a disability took part in **46** initiatives

### #WomenInSport IRE

**57** women took part in **7** HER OUTDOORS events

**231** women took part in **12** Women on the Move programmes in **5** locations

(Cappoquin, Carrickphersish, Cill Barra, Dunganvan & Kilmacthomas)



**1,200** took part in **13** WSP Waterford Bike Week Events

## Capacity Building and/or collaboration with over 150 organisations

including providing Clubs/Groups with WSP funding supports and club development/grant application assistance, working with NGBs and local community organisations to develop, facilitate and support initiatives.

## TRAINING

**977** coaches, volunteers, community leaders and teachers supported in education and training, including:

**239** attended **21** Safeguarding Courses

**51** attended First Aid Training

**38** attended our Sports Capital Grants Information Session

**281** Primary School children attended Bike Maintenance Workshops

**42** attended Sport Inclusion Disability Awareness Training

**40** attended Learn to Cycle for People with a Disability

**67** women attended our Menopause Workshops

**26** women attended our women-only Bike Maintenance Workshop

See Appendix 5 for a full list of Training Courses.



**24,747** visits to website



**7,123** followers



**1,880** followers



**472** followers

## ENGAGEMENT

Please note – 'Participant' figures may include individuals counted more than once where they have participated in more than one initiative.

Our 2023 Annual Report is available to view in the 'Publications' section of our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

## Sport Ireland Development Officer Conference

Sport Ireland hosted its annual Development Officer Conference on the 28th and 29th of May at the Sport Ireland Campus in Dublin. With over 270 Development Officers representing 75 sporting organisations, it was the largest Sport Development Conference yet. This year’s theme focused on *Sport for Social Good*, featuring impactful talks and sessions.

Paula Phelan, a career coach with Traverso Coaching, guided attendees through overcoming challenges in career development within sport. *Sport Against Racism Ireland (SARI)* highlighted strategies for addressing unconscious bias, while a *Her Moves* session explored the expanding creative and innovative potential of the programme. The Sport Ireland team also brought together some inspiring storytellers, who shared personal experiences and showcased the powerful impact sport can have in driving positive change for all people.

Five WSP Development Officers attended the conference. Special mention to WSP Physical Activity for Health Officer, Sinéad Brannigan, who delivered a poster presentation on her work with people with chronic conditions, particularly her *Aqua Aerobics for people with chronic pain or arthritis* programme, delivered in partnership with Wicklow LSP.

The conference provided an excellent networking opportunity for NGBs and LSPs, enabling WSP staff to meet with NGBs and other Local Sports Partnership (LSP) teams to discuss ongoing and future projects. A great selection of breakout sessions kept everyone engaged, with fun physical interactions creating an environment for collaboration and learning. Topics included the *Her Moves* programme for teenage girls, the *Young Voices in Sport* toolkit, diversity and inclusion in sport, career development, *Get Ireland Active*, NGB and LSP-led research insights, and innovative practices in sport.

The event was extremely beneficial for WSP staff, allowing them to collaborate with peers and explore how successful ideas, interventions, and programmes from across Ireland can be adapted and implemented here in Waterford.



## Watersports Grant

In April, we opened up the Watersports Grant for applications. This was the second year of the scheme, which also ran in 2023. Once again, a wide variety of water-based clubs applied, including: Rowing, Swimming, Sailing, Kayaking, Dragonboating and Scuba Diving. There were nine successful applicants, who received funding ranging from €500 to €1000 based on their application. We will be working with all of the clubs that received funding to deliver some *Come and Try* sessions and develop a relationship with the clubs to help increase participation in watersports in Waterford. We are looking forward to working with these clubs more over the coming months.

WATERSPORTS GRANT RECIPIENTS	AMOUNT
Cappoquin Rowing Club	€500
Dungarvan Barracudas Swim Club	€500
Dungarvan Harbour Sailing Club	€800
Dunmore East Swim Club	€1000
Metalman Paddlesports	€1000
The Waterford Viking Halliwick Swim Club	€1000
Waterford Boat Club	€1000
Waterford Dragon Boat Club	€500
Waterford Harbour Sub-Aqua Club	€750

**David Abbott is our Outdoor Recreation Officer**

You can contact David on:

086 165 0970 | [dabbott@waterfordsportspartnership.ie](mailto:dabbott@waterfordsportspartnership.ie)



## Shaping Outdoor Recreation in Waterford

*There are some exciting developments in the pipeline for Waterford in the months ahead, which will shape the future of outdoor recreation in the county over the coming years.*

*Embracing Irelands Outdoors* is an ambitious and transformational National Outdoor Recreation Strategy, which was developed in partnership with Comhairle na Tuaithe. It focuses on bringing a more joined-up and cohesive approach to the development of outdoor recreation infrastructure at both a national and county level.



Embracing Ireland's Outdoors  
National Outdoor  
Recreation Strategy  
2023-2027



It broadly defines outdoor recreation to include a wide range of activities that take place in natural settings, from leisurely activities such as walking and cycling to more adventurous pursuits like mountain biking, horse riding and water sports. It also includes air activities such as paragliding. It doesn't, however, include any activities on confined courses, pitches, or involving motorised vehicles (except mobility aids).

The focus is on promoting outdoor activities that encourage people to engage with and enjoy our natural landscapes, while also ensuring that these activities are sustainable and accessible to a broad section of the population. Arising from the strategy, each county has been tasked with developing a plan for outdoor recreation. Here in Waterford, a Project Team is currently driving this forward. It includes representatives from Waterford City & County Council, Waterford Sports Partnership, Waterford Leader Partnership, Fáilte Ireland, Coillte, and Get Ireland Walking.

A process is underway to recruit a consultant to assist with the development of the plan for Waterford, who will work with the Project Team. A large part of this process will include collaboration between the various stakeholders involved, while there will also be public consultations for all those involved in the outdoor recreation space including community groups, clubs, and service providers.

It is envisaged that the plan will be ready by the end of next March or April 2025, with a new County Outdoor Recreation Committee overseeing its implementation in the years ahead. There will also be a Stakeholders Forum, which will meet each year to allow everyone to participate on a continuous basis over the coming years. Waterford is also one of six counties to appoint an Outdoor Recreation Officer, as part of a pilot scheme from the Department of Rural Community Development and Sport Ireland, after it was identified in *Embracing Ireland's Outdoors*. The other counties in the pilot scheme are Clare, Longford, Mayo, Meath and Sligo.

## National Trails Conference

WSP Outdoor Recreation Officer, David Abbott, was among the 2,000 delegates who attended the recent two-day National Trails Conference. It was the first of its kind to take place in Ireland with farmers, landowners, outdoor enthusiasts and community groups gathering in Carrick-on-Shannon, Co. Leitrim.

The conference covered topics such as the planning, design, maintenance and funding for trails, with a strong focus on how they can coexist with farming practices. Discussion panels explored the benefits and challenges of granting permissive access, as well as how these initiatives can positively impact rural communities.

A variety of excursions aimed at showcasing the natural beauty and outdoor potential of Leitrim also took place, with activities ranging from caving in Cuilcagh Lakelands Geopark to kayaking and stand-up paddling on Lough Allen. Members of Mountain Meitheal North-West also gave attendees a demonstration on the use of sheep wool in the construction of footpaths and walking trails. The conference was organised by Leitrim Development Company in collaboration with the Irish Local Development Network and Rural Recreational Officers.

WSP Outdoor Recreation Officer, David Abbott, and Waterford City & County Council Trails Officer, Johnny Brunnock, flying the flag for Waterford at the National Trails Conference.



## Irish Wheelchair Association (IWA) Multi-Sport Junior Club

We partnered with IWA Sport to pilot a Multi-Sport programme. Six taster sessions took place in the Kingfisher Club in May for children aged 5 to 15 with a physical disability. The programme was well attended over the six weeks, with 10-15 participants having the opportunity to try the taster sessions in a variety of para sports, as well fun games and activities such as the parachute, stuck in the mud and relay races. **We are teaming up with IWA Sport again on Thursday 10<sup>th</sup> October to host an information meeting for all those interested in setting up another Multi-Sport Programme. The meeting will take place in SETU Arena at 6.30pm. If you are interested in getting involved in the programme, please register your interest on [www.eventbrite.ie](http://www.eventbrite.ie).**



## Gym Programme

We ran an eight-week exercise programme with the Recovery Hub in July. The participants were aged between 30-70 years old. Basic exercises and fundamental movements were worked on over the eight weeks. Thank you to our tutor Orlaith O'Brien for leading the sessions each week and making them fun and enjoyable while still getting a workout in!



## Walk for Life Spring Series

We typically host our *Walk for Life* Series in spring, summer, and autumn. This summer, we planned five walks. They took place in Dunmore, Dungarvan, Tramore, Glenshelane Woods and Anne Valley in June and July. We had a great turnout, with an average of 30-35 participants taking part in each walk. The walks were fully accessible, which allowed participants of all abilities to attend, with 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 for our tea/coffee and scones and showed excellent service and kindness.

## Kick to Recovery

The Kick to Recovery Programme was developed by the FAI in partnership with the HSE Mental Health Teams and with the support of the Sports Inclusion Officers in Local Sports Partnerships around the country 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. Two eight-week programmes were run this year for participants from the Waterford Mental Health services, one in February and the other in June. Between 15 and 20 participants took part each week. Thank you to FAI coach Tommy Griffin for running the sessions each week in the Butler Community Centre.



## Waterford Down Syndrome Branch – Summer Camp

We partnered with the Waterford Down Syndrome Branch to provide tutors to run activities for their two-week summer camp in the Cill Barra Centre in August. The camp was for children between the ages of 6-12 years with an intellectual disability. Tutor Tommy Griffin ran a football session, Kiara Murphy ran a yoga and meditation session, Lisa Kearney ran a dance session and Pat Power ran an athletics and fun games session. Between 10 and 14 children attended each week. Thank you to all of our tutors for running the activities.



## Disability Charter - Have You Signed Up?

We are calling on all Waterford organisations working in the Sport and Physical Activity area to sign the **Sports Inclusion Disability Charter**. The Charter was developed based on feedback from a survey carried out by Active Disability Ireland (formerly CARA) in partnership with Local Sports Partnerships across 24 counties. It 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](http://www.actedisability.ie).**



## Pitch & Putt

In June, we ran a four-week Pitch & Putt programme at the Regional Sports Centre for eight service users from Anchor Therapy Mental Health Services and RehabCare Mental Health Services. Each week, the participants practiced different golfing skills. The group progressed from learning how to hold a golf club correctly to playing a competitive and fun game of Pitch & Putt. Thank you to local PGA Rory Fives for facilitating four fantastic sessions.

### PARTICIPANT FEEDBACK

*"I really enjoyed the 4 weeks. I had never played before, so this was all new to me, but it was fantastic, and I had great craic. Rory was brilliant. I think we are going to borrow the clubs from you and try to play once a week."*



## Social Soccer

Social Soccer for adults with a disability is hosted by the FAI and WSP on the last Wednesday of every month at Dungarvan Sports Centre. FAI coaches run two groups at the session: one for participants of low-level ability and another for participants with a higher level of ability who want to play more competitive soccer. We can facilitate 10 in the lower-level ability group and 10 in the higher-level ability group. In every session over the summer, about 20 people took part. A big thank you to Gary Power, FAI Development Officer, and tutor Jamie Organ for leading these fun sessions!



## Surfing with Bunmahon Surf School

This July, we teamed up with Bunmahon Surf School to run three exciting surfing sessions for The A Team – a social group for neurodiverse individuals and their families. Over the course of the sessions, 16 children had an absolute blast learning the basics of surfing, from paddling to standing up on their boards. A huge thank you to Bunmahon Surf School for providing such fantastic, fun-filled experiences. Everyone had an unforgettable time!



### FEEDBACK

*"There was a great turnout each week; the children had so much fun! Most of them had never surfed before. Thank you so much for making it so affordable; it makes such a difference to families."*



## Boccia at Cill Barra Sports Centre

A massive congratulations to everyone who took part in Boccia at Cill Barra Sports Centre this summer! The sessions were held on the second Monday of June, July, August, and September, with an amazing turnout of 30-35 participants each month. It was fantastic to see so much focus and fun combined throughout the sessions! A big thank you to our brilliant tutor, Declan Kelly, and the dedicated WSP staff for making each month a success. Well done to all involved!

## Sports Inclusion & Disability Awareness Training

On Tuesday 15<sup>th</sup> July, we delivered an online Sports Inclusion & Disability Awareness course to seven staff members from Freedom Surf School in Tramore. Well done to all for attending. This Active Disability Ireland-certified 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.



The 90-minute workshop covers many topics such as understanding disability, perceptions, communication, and inclusion. On completion, all participants receive an Active Disability Ireland Certificate of Participation endorsed by Sport Ireland. **For more information on how to attend the training, please contact Pauline Casey on 086 783 7385 or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie).**

## 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 an Active Disability Ireland 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 their 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 to help 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 are interested in any of the Disability Training options on offer, please contact Pauline Casey on 086 783 7385 | [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie).



### Cycling – Waterford Children’s Disability Network

Well done to the eight children from the Waterford Children’s Disability Network who took part in a six-week cycling programme in May! The sessions were held at the Regional Sports Centre, with the first group cycling from 3:00 to 4:00 pm and the second from 4:00 to 5:00 pm. Each week, participants worked on different skills, such as hand signals and stopping. A variety of bikes were used, including balance bikes, handcycles, trikes, and two-wheelers. For some, it was their first time cycling on their own! Thank you to tutor Declan Kelly for leading the sessions.

### Cycling – Carriglea Cairde Services

A big congratulations to all sixteen participants from Carriglea Cairde Services, who completed a four-week cycling programme in July! The sessions took place at Walton Park, Abbeyside, Dungarvan and along the Waterford Greenway. The first group cycled from 9:30 to 10:30 am, followed by the second group from 11:30 am to 12:30 pm. Each week, participants practiced different skills, using a variety of bikes, including handcycles, trikes, and two-wheelers. The first two sessions in Walton Park focused on building confidence before moving to the Greenway for the final two sessions. A huge thank you to tutor Declan Kelly for leading the programme!



### Sensory Packs for National Play Day

We were thrilled to partner with and support Waterford City & County Council for National Play Day 2024! Through this initiative, the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) helps Local Authorities promote play and recreation for children with limited opportunities. The theme for National Play Day 2024 was ‘Time to Play!’, focusing on how play enhances children’s development. Carriglea Cairde Services and Brothers of Charity participated in National Play Day 2024, each receiving Sensory Packs, including sensory balls, koosh balls, balloons, bean bags, ribbon streamers, large bubble tubes, squeeze balls, arts and crafts supplies, calm-down breathing cards, and water solar pads in July.



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For more information, please call:  
Pauline Casey on 086 783 7385  
or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)

**Disability NGB Contacts**

**Special Olympics**

Sinead Costello - [sinead.costello@specialolympics.ie](mailto:sinead.costello@specialolympics.ie)

**Vision Sports Ireland**

Padraig Healy - [padraig.visionsports@ncbi.ie](mailto:padraig.visionsports@ncbi.ie)

**Golf Ireland**

Sarah Banville - [sarahbanville@golfireland.ie](mailto:sarahbanville@golfireland.ie)

**Football For All Development Officer**

Brendan Corish - [brendan.corish@fai.ie](mailto:brendan.corish@fai.ie)

**Irish Wheelchair Association Sport**

Joanne Wall - [joanne.wall@iwa.ie](mailto:joanne.wall@iwa.ie)

**Waterford Disability Groups & Clubs**



**Ballyduff AFC - Football for All Club**  
Contact: Mike Masterson on 087-6910091 | [mikemasterson1@gmail.com](mailto:mikemasterson1@gmail.com)

**Bohemians FC - Football for All Club**  
for young people aged 16 and over  
Owen Duffy on 086-1721439 | [oduffy4@gmail.com](mailto:oduffy4@gmail.com)



**Cappoquin Railway F.C. Football For All**  
Contact: Xander Coolbear on 087-1185036 | [xanderc35@hotmail.com](mailto:xanderc35@hotmail.com)

**Down Syndrome Waterford Branch**  
[info@dsiwaterford.ie](mailto:info@dsiwaterford.ie)



**Dyspraxia Ireland**  
DCDynamo Multi Activity Club Waterford  
[dyspraxiadcdwaterford@gmail.com](mailto:dyspraxiadcdwaterford@gmail.com)

**Little Conquerors Autism Group**  
West Waterford Autism Parents Support Group  
Kevin Murphy | 086 823 1653 | [canalmore@gmail.com](mailto:canalmore@gmail.com)



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

**Park Rangers AFC - Football for All Club**  
for young people aged 6 to 16  
Contact: Sinead Cheevers on 087-9398813 | [cheevers.sinead@gmail.com](mailto:cheevers.sinead@gmail.com)



**Special Olympics Waterford**  
Contact: [louise.mcsweeney@boscl.ie](mailto:louise.mcsweeney@boscl.ie)

**Viking Halliwick Swim Club (PAN Disability)**  
Sarah Flynn | 083 1376847 | [vikinghalliwicksc@gmail.com](mailto:vikinghalliwicksc@gmail.com)



**Waterford Autism Social and Sport Action (WASSA)**  
Bernie Murphy | 086 663 7055 | [contact@wassa.ie](mailto:contact@wassa.ie)

**Whitstrand Foróige Club**  
for young children (10-17 years) with High Functioning Autism  
Contact Kara on 087 610 4430 | [whitstrandforoige@gmail.com](mailto:whitstrandforoige@gmail.com)



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For more information, please contact Pauline Casey on 086 783 7385 | [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)



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For more information, please call Pauline Casey on 086 783 7385  
or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)

PROGRAMME	DATE & TIME	LOCATION	COST	DESCRIPTION
<b>Chair Yoga</b> (Waterford City)	<b>Fridays</b> 10:30-11:30am September 20 <sup>th</sup> September 27 <sup>th</sup> October 4 <sup>th</sup> October 11 <sup>th</sup>	Waterford Central Library	<b>FREE</b> (Max 15 people)	<b>For Adults with a Disability</b> This programme aims to enhance participants' strength, coordination, and flexibility, while encouraging body awareness and self-esteem. It can also reduce anxiety and stress and promote a sense of calmness.
<b>Social Soccer</b> (Dungarvan)	<b>Wednesdays</b> 1-2pm September 25 <sup>th</sup> October 30 <sup>th</sup> November 27 <sup>th</sup>	Dungarvan Sports Centre	<b>€3 per person per week</b> (Max 20 people - 10 each group)	<b>For Adults with a Disability</b> 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-to-severe disabilities take part in fun activities and games.
<b>Chair Yoga</b> (Dungarvan)	<b>Thursdays</b> 12:30-1:30pm September 19 <sup>th</sup> September 26 <sup>th</sup> October 3 <sup>rd</sup> October 10 <sup>th</sup>	Dungarvan Library	<b>FREE</b> (Max 12 people)	<b>For Adults with a Disability</b> This programme aims to enhance participants' strength, coordination, and flexibility, while encouraging body awareness and self-esteem. It can also reduce anxiety and stress and promote a sense of calmness.
<b>Muay Thai</b> (Waterford City)	<b>Mondays</b> 12-1pm October 21 <sup>st</sup> October 28 <sup>th</sup> November 4 <sup>th</sup> November 11 <sup>th</sup> November 18 <sup>th</sup> November 25 <sup>th</sup>	Waterford Muay Thai Club Unit 1b Lacken Road Business Park Waterford X91 VW5H	<b>€10 per person for 4-week programme</b>  (Max 15 people)	<b>For Adults with a Disability</b> The programme is delivered by a qualified Muay Thai instructor. The classes are designed to increase fitness and wellbeing, while learning useful and effective self-defence.



For bookings or more information, please call  
Pauline Casey on 086 783 7385  
or email [pcasey@waterfordsportspartnership.ie](mailto:pcasey@waterfordsportspartnership.ie)



Follow  
'Waterford SportsAbility'  
on Facebook!



## Lauren Walsh Kett is our Active Cities Officer

You can contact Lauren on:

087 117 8578 | [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie)

Check out the Active Cities section on our website for more information on the project:

[www.waterfordsportspartnership.ie/active-cities-waterford/](http://www.waterfordsportspartnership.ie/active-cities-waterford/)



## Playful Streets 2024

Our *Playful Streets* initiative ran from May to September 2024 across 28 locations in Waterford city and county. Eight of the events were in Waterford City, with nearly two thousand adults and children taking part. This initiative was organised in partnership with the Community Department of Waterford City & County Council, along with several other organisations. The *Playful Streets* initiative encourages children to play outside, making exercise fun and easy, while at the same time building stronger communities. It is a low-cost and easy way to create play spaces within housing estates and green spaces.

Ready Steady Play was contracted to run the events, with Jade and Edwina serving as brilliant leaders, who ensured all participants got involved in the games and activities while having fun.

We will be launching a Play Pack loan scheme in the next few weeks in partnership with WCCC and Waterford Libraries, allowing communities to borrow equipment and host their own *Playful Street* events. **For more information on borrowing a Play Pack or hosting a *Playful Streets* event in your community, please contact Lauren at 087 117 8578 or email [lwalshkett@waterfordsportspartnership.ie](mailto:lwalshkett@waterfordsportspartnership.ie).**



### 28 *Playful Streets* events took place in the following locations in 2024:

- Aglish
- An Garran | Tramore
- Ballinacourty | Dungarvan
- Ballybricken Green | Waterford City
- Belvedere Manor | Waterford City
- Carraig an Aird | Waterford City
- Carrigea Crescent | Waterford City
- Clashmore/Kinsalebeg
- Clochan | Kilmeaden
- Dunmore East
- Hillview | Waterford City
- Kilmacthomas
- Mount William | Waterford City
- O'Connell Street | Waterford City
- Parks Road | Lismore
- Passage East
- Portlaw x 2
- Railway Gardens | Lismore
- Sacred Heart Parish (Kilcohan Park) | Waterford City
- Slí na Coille | Tramore x 2
- St. Anne's Court | Leamybrien
- Stradbally
- Tallow
- Touraneena
- Villierstown
- Walton Park | Abbeyside | Dungarvan

## Play Conference Cork

Our Active Cities Officer, Lauren Walsh Kett, and members of the Play Committee attended a Play Conference in Cork on Friday 24<sup>th</sup> May, organised by Let's Play Cork and Cork City Council. The group gained insights into best practices and fresh ideas around play, learning from international organisations like Play Scotland. The conference highlighted how play is shaping partnerships in health, education, community development, and the environment.



## Sustrans Walking and Cycling Index Presentation

Our Active Cities Officer liaised with the Project Co-ordinator for the Walking and Cycling Index from Sustrans Ireland to organise a presentation of the index results to Active Cities stakeholders including the WCCC Active Travel Team, Climate Action Team, Community Department, Environment Department and the Get Ireland Walking Programme Manager. The aim of the presentation was to give stakeholders the opportunity to chat through the results in detail with Sustrans and also to use the findings to steer their work around walking and cycling going forward.



## Youth Come and Try It

On 25<sup>th</sup> September, we partnered with the Waterford Community Safety Partnership to run a *Youth Come and Try It* workshop during European Week of Sport 2024.

The workshop at the Kingfisher Club targeted young people and transition year students from city schools and youth groups. The aim was to reduce anti-social behaviour by showcasing the fantastic activities, sports, and clubs Waterford City has to offer, giving young people the chance to try various activities and sports. Several sports clubs and NGBs, including Waterford Petanque Club, Waterford Camogie, Orienteering Ireland, FAI, and Munster Rugby, provided taster sessions. We also had guest speakers Emer O'Neill, Tony Kelly, Sinead Gould, and George Henderson.



A number of organisations, including the Irish Naval Service, Waterford Fire Service, Waterford Libraries, Waterford Youth Arts, Comhairle na nÓg and Healthy Waterford, had information stalls on the day, so the young people could come and chat about how they could get involved. The project was funded through the Sláintecare Healthy Communities Initiative. Over 500 students from several schools and youth services attended this inspiring session!

## I-PARC Research Launch

The National Active Cities Network has partnered with I-PARC (Irish Physical Activity Research Collaboration) for a research project titled *Maximising Implementation of Evidence-Based Physical Activity Programmes to Address Population Levels of Physical Inactivity*. The project was officially launched at the University of Limerick on Thursday 30<sup>th</sup> May. Over the next two years, the research will be conducted in the five Active City areas: Waterford, Limerick, Cork, Dublin, and Galway.



## Bike Orienteering Course

As part of Bike Week 2024, we teamed up with Southeast Viking Orienteering Club to develop two bike orienteering courses in Waterford City. The first course starts at Bank Lane near the TFI Bike station, and the second course starts at the top of The Folly. You can access the courses by downloading the free **MapRun** app. Complete the course and see what time you get and where you place on the table!



## Bronze Smarter Travel Mark for Waterford City & County Council

Waterford City & County Council recently achieved the NTA's Bronze Smarter Travel Mark, which recognises a commitment to sustainable travel initiatives. This programme collaborates with large employers and campuses to implement workplace travel plans, including a package of measures to encourage walking, cycling, public transport use, or reducing trips. The benefits include reduced emissions, improved health and wellbeing for staff, a more active lifestyle, and a cleaner environment. As part of the bid to achieve the mark, the Climate Action Team and WSP Active Cities Officer, Lauren Walsh Kett, developed and delivered a four-week cycling initiative for Waterford Council staff in the lead-up to Bike Week 2024. The initiative included an introduction to the council's e-bikes, bike maintenance, a cycling-in-traffic session, and an introduction to Renew's e-bike rental scheme in the city.



## Men's Health Week

For Men's Health Week 2024, we partnered with the excellent Men's Development Network to facilitate some fantastic workshops covering all aspects of men's health.

These workshops provided a great opportunity for various organisations to come together to celebrate Men's Health Week 2024, and also allowed us to network and discuss future collaborations.

Representatives from the Men's Development Network, Men's Sheds, and the HSE participated in the workshops. Members from Ferrybank and Lismore Men's Sheds attended the two sessions.



## One Waterford, One People Event

We supported and provided activities for the *One Waterford, One People* event in the People's Park on Monday 6<sup>th</sup> May. This music- and activity-filled day, organised by Waterford City & County Council and Waterford Trades Council, was designed to celebrate diversity and culture in Waterford. Running from 2-5pm, the event featured a fantastic line-up of musical acts from Ukraine, Brazil, India, the Philippines, Africa, and more. We partnered with Waterford Pétanque Club and Na Laoch Dall Archery Club to offer taster sessions of pétanque and archery, while tutor Orlaith O'Brien ran introduction sessions on the outdoor gym.



## Creative Movement Workshop – Spraoi Festival

Active Cities Waterford once again teamed up with the Spraoi Festival to host a *Creative Movement Workshop* for mixed abilities on Friday 2<sup>nd</sup> August at Spraoi Studios, Carrickphierish. The interactive session, led by the talented aerial dance duo Rodney Bell and Chloe Loftus from New Zealand, was a big hit with participants. Focused on championing disability arts and inclusive practice, this workshop gave people of all abilities the chance to experience dance and creative movement. The duo also performed during the Spraoi Festival on Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> August, on the Mall in Waterford City, attracting large crowds to witness their incredible aerial dance performances.





## Chair-Based Exercise Programme

Following a successful pilot and several follow-up programmes, we coordinated another block of Chair-Based Exercise sessions with Mark Landers from Adaptation Therapies. The fourth block of the programme took place in May in Lismore Heritage Centre, with over 20 participants joining. The programme focused on improving mobility through a variety of exercises and movements, and the feedback was fantastic. Participants reported noticeable benefits from the classes. A big thank you to Mark for creating and delivering such a wonderful programme!

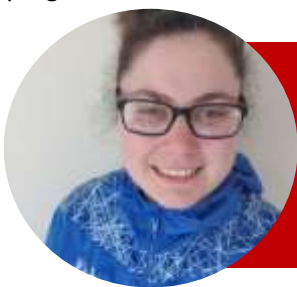


## Tennis in Lismore

In July, we helped fund an initiative by Lismore Tennis Club to deliver a 3-week *Come and Try Tennis* programme for children in direct provision living in local hotels. Each session was delivered by a club trainer, offering the children a chance to try tennis in a fun and supportive environment. Over the course of the three weeks, eleven children aged between 7 and 18 years came along. Well done to all who took part, and a big thank you to Lismore Tennis Club for hosting this fantastic programme!

## Activator Pole Programme

In June, tutor Mark Landers led a six-week Activator Pole Programme in Lismore. The group met at the library each week and borrowed the poles through the **Activator Pole Borrow Scheme**, in partnership with Waterford Libraries. Participants were taught the correct technique for using the poles, as well as additional exercises to improve daily movement and balance. Well done to everyone who took part, and a special thank you to Mark for delivering yet another fantastic programme.



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

If you have any questions in relation to the Sports Hub, feel free to get in touch with Liz: 087 739 6050 | [lmcenaney@waterfordsportspartnership.ie](mailto:lmcenaney@waterfordsportspartnership.ie)

## CARRICKPHIERISH COMMUNITY SPORTS HUB CONTACT INFO

**The following clubs run activities at Carrickphierish Sports Hub and can be contacted via their Facebook pages:**

- Waterford Vikings Basketball Club
- Waterford Badminton Club
- Waterford Academy of Irish Dance
- Waterford Volleyball Club

**Northern Suburbs Community Youth Project** can be contacted by emailing: [northsuburbscyp@wstcys.ie](mailto:northsuburbscyp@wstcys.ie)

For more information on activities at Carrickphierish Community Sports Hub, please contact Brian O'Neill on 086 020 1219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

For **HALL BOOKING** queries, please contact Darren Sealy by email at: [dsealy@waterfordcouncil.ie](mailto:dsealy@waterfordcouncil.ie).

**Brian O'Neill is our Youth Sports Development Officer.**

Brian works with young people aged from 10 to 23 years throughout Waterford city and county, offering opportunities to participate in sport and active recreation.

**For enquiries regarding activity programmes or for further information, please contact Brian:  
086 020 1219 | boneill@waterfordsportspartnership.ie**



## Boxing/Muay Thai Fitness Programme

A big congratulations to the fourteen trainees from Waterford Youth Training and Education Centre (WYTEC) who completed a four-week Boxing/Muay Thai Fitness programme over the summer! Hosted by St. Paul's Boxing Club and Waterford Muay Thai, participants dived into shadow boxing, bag-work, pad-work, and a full range of punches, kicks, elbows, and strength and conditioning work. Well done to everyone for their hard work!



## GAA on the Green

Hats off to St. Saviours GAA Club for their brilliant initiative to grow their youth membership by taking GAA directly into the Ballybeg community. On Wednesday 3<sup>rd</sup> July, they ran a *GAA on the Green* event in Ballybeg with portable goals, music, and goodie bags, bringing the sport to local residential areas and creating a fun, welcoming atmosphere. It was great to see so many young people out in the sunshine enjoying *GAA on the Green*. Amazing work!



## Youth Coaching Fund

A limited Coaching Fund is available for any club that wishes to get its members an accredited coaching qualification to enable them to coach under-aged/juvenile players. Preference will be given to coaches who wish to upskill their qualification e.g. going from Stage 1 to Stage 2.

**For further information, please contact Brian O'Neill:  
086 020 1219 | boneill@waterfordsportspartnership.ie**

## Volunteer Support: Level One Boxing Coaching Course

We partnered with the Irish Athletic Boxing Association (IABA) to organise a Level One Boxing Coaching Course on July 13<sup>th</sup> and 20<sup>th</sup> (8 hours per day) in Tramore Boxing Club. The course consisted of blended learning that also included 2 x 3-hour online learning sessions, delivered via Zoom on July 9<sup>th</sup> & 23<sup>rd</sup> – a total of 22 hours of learning. Participants were provided with learning tools, including a coaching manual, log book and short drill video clips. The course covered: good coaching practice; session planning; power, strength and endurance; communication and coaching skills; technical and tactical skills. The coaches were continually assessed throughout the two days. Thanks to the (IABA) Coach Developers, James, Nikki, and Fergus, for delivering such an engaging and informative course, and also to Tramore Boxing Club for the use of their venue.



## HER Outdoors Week – Paddleboarding

On Thursday 15<sup>th</sup> August, as part of *HER Outdoors Week*, eleven teenage girls from Manor St. John Youth Services got the chance to try Paddleboarding on the River Barrow in County Carlow. The girls had lots of fun in the great outdoors trying this new activity. Thanks to Pure Adventure for hosting such a memorable day. We hope this experience encourages the girls to try other water sports!



## National Play Day | Monday 15<sup>th</sup> July

We were thrilled to join forces with Waterford City & County Council for National Play Day 2024. This initiative encourages children of all abilities to get outside and play. We supported various organisations including St. Brigid's Family Resource Centre, Sacred Heart Family Resource Centre, and BRILL Family Resource Centre in creating playful environments, with everything from sensory packs to balance bikes and basketball stands.



## Ukrainian/Migrant Summer Sports Camp Support

In collaboration with Waterford Area Partnership and the Kingfisher Club, we supported over 40 Ukrainian and migrant youths in attending summer sports camps. This initiative gave young people the chance to get active and feel part of their new community. A great step towards inclusion and integration!

# 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	085 7610665	cosullivan@basketballireland.ie	www.basketballireland.ie
Camogie Association	Jonathan Tallon Munster Participation & Growth Co-Ordinator	086 7961858	Jonathan.tallon@camogie.ie	www.camogie.ie
Confederation of Golf in Ireland		01 5052075	info@cgigold.org	www.cgigolf.ie
Cricket Ireland/Munster Cricket	Joseph Moynihan	01 8947914	manager@munstercricket.ie	www.cricketireland.ie www.munstercricket.ie
Cycling Ireland	Margo Finnegan Roisin Hickey	086 7710712 086 8828801	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	Barry Dunne	087 6953648	barry.dunnegda.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	Corraine Power O'Mahony	051 381403	waterfordwsac@gmail.com	www.iws.ie
Irish Wheelchair Association	Joanne Wall	085 8595094	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 0626130	olandaly@munsterrugby.ie	www.munsterrugby.ie
Olympic Handball		01 6251165	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 Áine 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](http://www.waterfordsportspartnership.ie)



## WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford

Regional Sports Centre, Cork Road, Waterford

[info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie) | [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

