

# DISABILITY CALENDAR OF PROGRAMMES & EVENTS

Date / Time / Venue	Course/Event	Suitability	Cost	Booking
<b>SEPTEMBER</b>				
<b>Thursday 22<sup>nd</sup> September</b> <b>6.30 to 8.30pm</b> Carrickphierish Sports Hub	<b>Parents Meeting &amp; Come and Try it Taster Session:</b> Aim of this is to ascertain if there is enough interest in the Waterford area to start up a sports club for children with a physical disability and their siblings.	Parents of children (4-18) with a physical disability	FREE	Please contact Pauline details below
<b>Tuesday 27<sup>th</sup> September @ 10.30am</b> Glenshelane Woods Cappoquin	<b>Walk for Life 5km Challenge</b> - These walks will give people a chance to get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside	Mild to Moderate (Non accessible walk)	€3pp (includes tea/coffee & scone)	<b>Booking Essential</b> - Please contact Pauline details below
<b>Thursday 29<sup>th</sup> September</b> 1pm to 2pm Kingfisher Club Waterford	<b>Social Soccer</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 on the astro pitch and those with moderate – severe take part in fun activities and game indoors in the sports hall	Mixed Ability	€2pp	Please contact Pauline details below
<b>OCTOBER</b>				
<b>Tuesday 4<sup>th</sup> October @ 10.30am</b> Tramore Beach Walk – meeting at the Promenade (Dooleys Side)	<b>Walk for Life 5km Challenge</b> These walks will give people a chance to get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside	Mild to Moderate (Non accessible walk)	€3pp (includes tea/coffee & scone)	<b>Booking Essential</b> - Please contact Pauline details below by Friday 30 <sup>th</sup> September.
<b>Tuesday 11<sup>th</sup> October @ 10.30am</b> Colligan Woods, Dunganarvan	<b>Walk for Life 5km Challenge</b> These walks will give people a chance to get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside	Mild to Moderate (Non accessible walk)	€3pp (includes tea/coffee & scone)	<b>Booking Essential</b> - Please contact Pauline details below <b>by Friday 7<sup>th</sup> October.</b>
<b>Wednesday 12<sup>th</sup> October</b> 11am to 12.30pm Cill Barra Sports Centre	<b>GFL "The Games"</b> Go for Life "The Games" is a series of three target throwing games called Lobbers, Flisc and Skiddle. This game can be played in singles, pairs and teams.	Mixed Ability	€2pp	<b>Booking Essential</b> - Please contact Pauline details below by <b>Monday 10<sup>th</sup> October</b>
<b>Tuesday 18<sup>th</sup> October @ 10.30am</b> Anne Valley Dunhill	<b>Walk for Life 5km Challenge</b> - These walks will give people a chance to get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside	Mixed Ability (Fully Accessible Walk)	€3pp (includes tea/coffee & scone)	<b>Booking Essential</b> - Please contact Pauline details below by Friday 14 <sup>th</sup> October.
<b>Tuesday 25<sup>th</sup> October @ 10.30am</b> Waterford Greenway, Durrow	<b>Walk for Life 5km Challenge</b> - These walks will give people a chance to get out and get active and engage with other groups whilst enjoying the beautiful Waterford countryside	Mixed Ability (Fully Accessible Walk)	€3pp (includes tea/coffee & scone)	<b>Booking Essential</b> - Please contact Pauline details below by Friday 21 <sup>st</sup> October.
<b>Thursday 27<sup>th</sup> October</b> 1pm to 2pm Kingfisher	<b>Social Soccer</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 on the astro pitch and those with moderate – severe take part in fun activities and game indoors in the sports hall	Mixed Ability	€2pp	Please contact Pauline details below
<b>NOVEMBER</b>				
<b>Wednesday 9<sup>th</sup> November</b> 11am to 12.30pm Cill Barra Sports Centre	<b>Multi – Sport</b> -Multi sport is aimed at more active participants. It will involve a variety of activities such as; basketball, caman abu, volleyball, parachute, circuit, swiss ball soccer and much more.	Mild – Moderate	€2pp	<b>Booking Essential</b> - Please contact Pauline details below by <b>Monday 7th November</b>
<b>Thursday 24<sup>th</sup> November</b> 1pm to 2pm Kingfisher Club Waterford	<b>Social Soccer</b> - Social soccer offers something for all. Two groups will be formed based on the participants' ability. Those with mild to moderate disabilities take part in a competitive match on the astro pitch and those with moderate – severe take part in fun activities and game indoors in the sports hall	Mixed Ability	€2pp	Please contact Pauline details below
<b>NOVEMBER</b>				
<b>Date:</b> Wednesday 7 <sup>th</sup> December <b>Time:</b> 11am – 2pm <b>Venue:</b> Cill Barra Sports Centre	<b>Boccia Blitz</b> - Boccia is a target ball game similar to bowls or petanque., ideal for mixed ability participants. Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls — coloured red or blue as close as they can to a white target ball, or jack.	Mixed Ability	€2pp	<b>Booking Essential</b> Please contact Pauline details below by <b>Monday 5<sup>th</sup> December</b>

Contact Pauline Cunningham our Sports Inclusion Disability Officer by phone on 0761 10 2682 or by email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)