

# 'Everyone Active'

ISSUE 40 JANUARY 2018

the newsletter of Waterford Sports Partnership

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## Waterford Walks

KICKSTART YOUR 2018!

Join us for the 2018

## Operation Transformation Walks along the stunning Waterford Greenway

The Sport Ireland National Network of Local Sports Partnerships has teamed up with Operation Transformation once again this year to promote healthy living in 2018. Waterford Sports Partnership is organising three walks as follows . . .

# Saturday 13<sup>th</sup> January 2018

## STARTING at 11am SHARP

### REGISTRATION FROM 10.15 AM @

**DUNGARVAN**  
Walton Park

**KILMACTHOMAS**  
Workhouse

**WIT ARENA**  
Carriganore  
Waterford

3K & 5K ROUTES | FREE EVENTS | ALL WELCOME!

For more information please contact:

Eadaoin Loughman on 0761 10 2199  
eloughman@waterfordsportspartnership.ie



## MEET THE WSP TEAM

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

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Sports Co-ordinator

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## Sports Development Team

Our Sports Development Team is responsible for the development, delivery and promotion of sport and physical activity for the people of Waterford. They work to develop targeted initiatives with various community based organisations to promote the participation of young people, older adults, women and teenage girls, people with a disability, jobseekers and the general public in physical activity and sport. They also support local sports clubs and coaches with a particular focus on training and education.

**Peter Jones**  
Sports Development Officer

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Civic Offices, Dungarvan, Co. Waterford.  
0761 10 2194  
**Waterford Office**  
Regional Sports Centre, Cork Road, Waterford  
0761 10 2682

| DEVELOPMENT OFFICER       | FOCUS AREA/PROGRAMMES  | BASED IN  |
|---------------------------|--|-----------|
| <b>Peter Jones</b>        | Men   Older Adults   Cycling   Club Development   Safeguarding                             | Dungarvan |
| <b>Pauline Cunningham</b> | Disability   Women   Walking   Disability Awareness  | Waterford |
| <b>Brian O'Neill</b>      | Youth at Risk   Young People   Sport Leader  | Waterford |
| <b>Louise Barry</b>       | Pre school, Primary and Secondary Schools   Teenage Girls   Carrickphierish Hub            | Waterford |
| <b>Eadaoin Loughman</b>   | Community Based Programmes: Walking, Cycling, Orienteering, Swimming   Waterford Greenway. | Dungarvan |

## Balance Bike Teacher Training

In September 2017, we coordinated and facilitated the delivery of Balance Bike Training to four schools in Dungarvan Sports Centre. The schools in attendance were Glenbeg National School, Kilmacthomas Primary School, Scoil Gharbháin and Butlerstown National School. We were delighted to introduce the concept of *fundamental movement skills* in conjunction with the programme. Three schools have already enjoyed the use of the Balance Bikes and the programme is well underway. We are excited to keep developing and improving the Balance Bike Programme and we look forward to working with more schools in 2018!



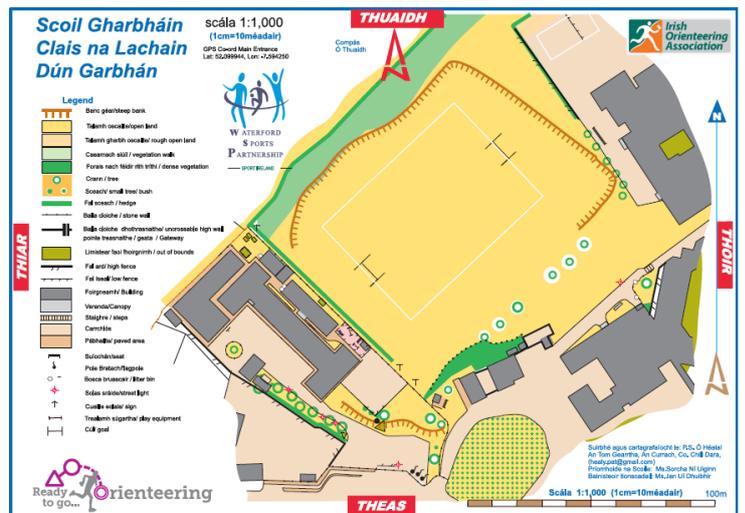
## Sports Hall Athletics Training

In October, Sports Hall Athletics on-site Teacher Training was facilitated by Athletics Ireland coach Pat Power. Scoil Náisiúnta Bhaile Mhic Airt and Bunscoil Bothar na Naomh both availed of the opportunity and both schools thoroughly enjoyed the visit from Pat. Each school availed of the Sports Hall Athletics equipment for six weeks and a resource pack was supplied to support the roll out of this programme. Contact Louise Barry on 0761 10 2619 for more information on how your school can avail of this fantastic opportunity!



## Orienteering Teacher Training Day

Well done to the twelve teachers from ten primary and secondary schools that took part in our Orienteering Teacher Training day on October 20<sup>th</sup> which was run in conjunction with the Irish Orienteering Association. Each school that attended received a map of their school and an orienteering starter pack which contained twelve kites, controls and a resource folder. Teachers gained the knowledge and confidence needed to deliver Orienteering in their own schools, with the aim of competing in schools/community based orienteering competitions at a later date. This event went really well with exceptional feedback received post course. A special thanks to the Irish Orienteering Association for delivering such a fantastic course and WIT Arena for the use of their venue.



## PARTICIPANT FEEDBACK

*"it was the best in-service I have ever attended".*

*"It was very beneficial, informative, interesting and fun. I can't wait to do orienteering in my school now!"*



## River Rowers

Well done to the eighteen Transition Year students from Blackwater Community College, who completed a six week River Rowers programme. This programme was facilitated by Cappoquin Rowing Club, in a fun, educational manner. Students learnt the background of rowing and the theory of how to row. They then practised on the tank and got out onto the water to practise these skills. Attendance was very high over the 6 week programme, which is a testament to the students and the coaches. Parents and students alike, felt the programme was a great way of introducing students to a novel sport, that they may never have experienced otherwise. All students are now full members of the club and the majority of students have expressed interest in continuing to row each week with Cappoquin Rowing Club. Thank you to Stephen Landers and all the coaches at Cappoquin Rowing Club, who ensured that this programme was delivered to a very high standard.

### PARTICIPANT FEEDBACK

*'I really enjoyed getting up early on Saturday mornings and being out on the water. I found it very peaceful and it set me up for the day.'*

*'it was great craic, I will definitely carry on with it.'*



## Programmes & Opportunities for Schools 2018

|                            |                                |                           |
|----------------------------|--------------------------------|---------------------------|
| Active School Flag Support | Playground Activities Workshop | Schools Fishing Programme |
| Balance Bike Training      | Be Active ASAP Programme       | Sports Hall Athletics     |
| Basketball Schools Blitz   | Disability Awareness Training  | Walking Leader Training   |
| Zumba Dance                |                                |                           |

**For more information and bookings please contact:  
 Louise Barry, Sports Development Officer,  
 Waterford Sports Partnership  
 on 076 110 2619  
 or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)**

A full Calendar of Programmes & Opportunities will be sent to your school in January 2018

## Older Adults Walk for Life | Beat the Street

WSP co-ordinated five walks for older adults as part of the **Walk for Life 'Beat the Street' Series**. 144 individuals took part in at least one of the five weekly walks in September and October. The aim of the Walk for Life Series was to get people aged over 50 involved in regular physical activity and to showcase the fantastic walks on offer in Waterford. The walks took place in different locations across the County and we were lucky to have great weather for each walk.



### BEAT THE STREET COMPETITION

The Walk for Life series participants all signed up as a team to take part in 'Beat the Street' and we were delighted that the team finished in 4<sup>th</sup> place overall for average points scored out of the 49 teams that took part in Beat the Street. That's a phenomenal achievement by our walkers.



| LOCATION              | PARTICIPANTS |
|-----------------------|--------------|
| Kilmacthomas Greenway | 46           |
| Dungarvan Town        | 81           |
| Kilbarry Nature Park  | 67           |
| Clonea Greenway Walk  | 60           |
| Kilmacthomas Greenway | 73           |

### PARTICIPANT FEEDBACK

*"I really enjoyed it and I've met so many new people". Alice Tobin*  
*"I'm really going to miss the walks each Tuesday" Anna O'Neil*

## Walk for Life 2018!

Over 200 older adults completed one of our 15 walks in the three Walk for Life Series that we delivered 2017. The Walk for Life Series is back in January for anyone aged over 50.

| DATE                              | VENUE                                    | MEETING POINT                                      |
|-----------------------------------|--|--|
| Tuesday 16 <sup>th</sup> January  | Waterford Greenway, Abbeyside.           | 10.30am @ Walton Park, Abbeyside, Dungarvan.       |
| Tuesday 23 <sup>rd</sup> January  | Waterford Greenway, Suir Valley Railway. | 10.30am @ Suir Valley Railway Car Park, Kilmeaden. |
| Tuesday 30 <sup>th</sup> January  | Waterford Greenway, Clonea.              | 10.30am @ Dungarvan Rugby Club, Waterford.         |
| Tuesday 6 <sup>th</sup> February  | Waterford Greenway, Bilberry.            | 10.30am @ Bilberry Greenway Car Park.              |
| Tuesday 13 <sup>th</sup> February | Waterford Greenway Kilmacthomas.         | 10.30am @ Coach House Car Park, Kilmacthomas.      |

**€3 per walk to include tea/coffee/scone**

**Booking essential. Please contact Peter on 076 110 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

## Fun Circuit Training for over 50's

WSP continued to co-ordinate circuit training in Dungarvan Sports Centre and Cill Barra Sports Centre for older adults from September to December. We are delighted that sixty four older adults took part in at least one session where the craic and banter were matched only by the improvements in physical fitness. The adapted circuit includes a range of exercises to develop strength, joint mobility, flexibility, co-ordination, fitness, memory retention and, most importantly, to have some craic. These circuits provide an opportunity for people to meet once a week and enjoy physical activity in a social setting. The fun stations are also used as 'training' for events such as the Inter-County Games and the Go for Life Games in Dublin. Participants enjoy these sessions immensely with Pat Roche saying 'it's a great way to get us out of bed and get us active' with Mary McCarthy saying 'I feel fitter and more refreshed due to these weekly sessions and the craic is mighty'. **Video highlights of the circuits can be found on our YouTube channel.**

Circuits sessions run in Dungarvan Sports Centre and Cill Barra Sports Centre at a cost of €3 which includes tea/coffee.

**RECOMMENCING** in DUNGARVAN SPORTS CENTRE - **FRIDAY 19<sup>th</sup> JANUARY** 11am to 12pm

& in Cill Barra Sports Centre from **MONDAY 22<sup>nd</sup> JANUARY** 9.30-10.30am

**Booking: please contact Peter on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

### NEW! Fun Circuit Training Stradbally | Tramore

*We are setting up fun activity sessions in Stradbally and Tramore in 2018 which will cater for all abilities.*

**Start Date/Time:** TBC | **Venues:** Stradbally | Tramore

**Cost:** €2 per session

### NEW! Try Sailing Dungarvan

Interested in trying sailing? Supervised sailing session to show you how to sail a boat. All abilities catered for.

**Start Date/Time:** TBC | **Venue:** Dungarvan Harbour Sailing Club

**Cost:** €5 for 3 weeks

**If you are interested in getting involved in the above activities please contact Peter Jones on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**



## Go For Life Inter-County Games

### Waterford | Carlow | Kilkenny

Sixty four older adults from Waterford, Carlow and Kilkenny took part in the fifth Inter County Go for Life Games Event on Wednesday 29<sup>th</sup> November in WIT Arena. Split into 24 teams, participants took part in a wide range of games in between tea, coffee and refreshments.

As always, the three counties enjoyed lots of craic and banter, but we are always devising new games to keep challenging the heart and mind. This year we tried the following games to develop balance, coordination, competitiveness and memory

retention: Coordination games, Minefield (memory retention), Memory games, Basketball, Adapted table tennis, Balloon badminton, Target games including lobbers and filisc, One pin bowling (scidls), Frisbee.

It was a close run competition from the off and the level of skill and enjoyment was a sight to behold. Kilkenny were the overall winners on the day, but the Waterford participants really captured the fun and spirit of the games. Leading up to the Inter-county event we ran an eight week programme in Waterford City and Dungarvan; sixty eight adults took part in practice sessions in Dungarvan Sports Centre; Barron Hall, Stradbally and Cill Barra Sports Centre, Ballybeg so that they would be really well prepared for the Inter-County Games. We were also delighted that Gary Power from the FAI was on hand to demonstrate walking football to the participants, an activity that we may deliver in 2018 if there is sufficient interest!



## WIT Student Volunteers

This year we were delighted to be assisted by twenty six Health and Exercise Students from Waterford Institute of Technology (WIT). The students were each responsible for taking charge of one of the twenty four teams and assisting with each of the games. They did a fantastic job. WIT student Katie Smith said 'I really enjoyed the day, I loved every second'.

A huge WELL DONE to all involved, we hope you enjoyed the day as much as we did!

## Mid Century Movers

We delivered our first ever Mid Century Movers programme in Dungarvan in September this year. Ten over 50's attended the programme, which utilised the natural amenities in Dungarvan to increase physical activity.

The six week programme catered for participants over the age of 50, both males and females, of various abilities. We focused on increasing fitness, balance, co-ordination skills and flexibility. We visited different locations each week and were fortunate with the fantastic weather, only using an indoor facility once out of the 6 weeks! Our tutors, Lauren Walsh Kett and Teresa Keith, tailored the exercises to each participant according to their fitness levels and any injuries they might have had. Weight, Body Mass, Waist circumference and 1 Kilometre test were recorded pre and post programme and we were delighted with the average results shown below

|          | PRE   | POST  | IMPROVEMENT |
|----------|-------|-------|-------------|
| Weight   | 66.85 | 66.6  | -2.25       |
| Waist    | 92.75 | 90.5  | -2.25cm     |
| 1km time | 13.20 | 10.44 | -2.36       |

### Fancy joining Mid Century Movers.....

Check out our YouTube channel for video clips of the programme. **If interested, please contact Peter Jones on 076 1102191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie).**



### PARTICIPANT FEEDBACK

*'My daughter convinced me to join this programme and I'm so glad I did and I will definitely do it again'*  
**Stephen Morrissey**

*'I honestly looked forward to it every Monday and Wednesday and I'll miss it now over Christmas'*  
**Nora Tobin**

Check out the [Waterford Sports Partnership 'You Tube' Channel](#) for lots of Video highlights of our GFL Programmes.



## Bicycle Training for Beginners

**Date and Time:** On request. | **Venue:** Dungarvan & Waterford.  
**Cost:** €30, 5 x 60 minute sessions includes bike hire.  
**Booking:** Booking essential, minimum number of 10 needed.  
 Please contact Peter on 076 110 2191  
 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

## Bicycle Training Refresher

**Date and Time:** On request. | **Venue:** We will travel to you.  
**Cost:** FREE but group do need to bring their own bikes.  
**Booking:** Booking essential.  
 Please contact Peter on 076 110 2191  
 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

## Equipment and Demonstrations

WSP has a range of games equipment including polybat (adaptation of table tennis), box hockey (adaptation of hockey), Flisk (adaptation of Frisbee), Lobbers (adaptation of boules) and Scidils (adaptation of Bowling). **To arrange a demonstration or to borrow equipment, contact Peter Jones on 076 110 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

## Swimming for Beginners

Following consultation with older adults from Dungarvan, Stradbally and Kilmacthomas, WSP coordinated swimming sessions for beginners over four Thursdays in November/December at the Park Hotel, Dungarvan. The dual aim of this programme was to teach participants to swim or increase confidence in the water for those who hadn't swum in a long time. Five participants took part in the programme. Participant Pat Roche commented 'it was great to get out of the house and back in the pool again'. We will be delivering more beginner Swim sessions in 2018 in Dungarvan and Waterford city.

**If interested, please contact Peter Jones on 0761 10 2191 or [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)**

## Leisure Centre Opportunities

### Active Older People Class

#### Park Hotel Leisure Centre, Dungarvan

This fun and social class aims to maintain and improve balance and muscle strength for everyday activities and incorporates seated exercise and low impact aerobic activity. Every Tuesday 11am-12pm. €6 for gym members and €8 for non- members. Pre-screening and booking required, please call (058) 42902.

### Active Older People Gym Support

#### Park Hotel Leisure Centre, Dungarvan

Leisure Centre Staff will be available to induct and assist older people that are interested in getting started in the Park Hotel Leisure Centre gym every Tuesday between 10-10.50am. Pay as you go rates from €6 per session, membership rates available upon request. No booking necessary, for queries please call (058) 42902.



### Active Retirement Activity Class

#### Kingfisher Club, Waterford

The Kingfisher Health and Fitness Club run an Active Retirement Activity Programme for Men and Women. €5 per session. Women's class every Monday 10-11am | Men's class every Wednesday 10-11am. Please call Jacqui Watson on 086 2634061 for more information.

### Pay as you Go Gym Session

#### Cill Barra Sports Centre, Waterford

Pay as you go - Anytime  
 €3.50 per session - Loyalty card pay for 8 get 9<sup>th</sup> free  
 No booking necessary, for queries call the centre on (051) 350800.

### Bowling opportunities in Waterford

A number of centres currently run weekly bowling sessions as follows:

#### Butler Community Centre | Waterford

Mondays 10-12pm €5 per person  
 For more information please call: (051) 876907

#### Cill Barra Sports Centre | Ballybeg | Waterford

Tuesdays 10:30-12:30pm €4 per person with instructor  
 For more information please call: (051) 350800

#### Causeway Tennis & Bowls Club | Dungarvan

Outdoor bowling: €4 taster session | Annual membership €100.  
 Contact James Mullen on 085 1981639 or Celia Gaffney on 087 8219218 to organise a taster session.



### Pitch & Putt opportunities in Waterford

#### Regional Sports Centre Cork Road, Waterford

€2.50 for over 55's | For more information please call: 051 309908

#### Cunnigar Pitch and Putt Club Dungarvan

Daily 10am-8pm | €5pp | Free lessons available.  
 For more information please call: 087 9412570

## Sports Capital Grants 2017

### €1.5m in Funding for Waterford Clubs



Funding of €56m under the Sports Capital Programme to over 1,700 different sporting projects around the country was announced in November by Minister for Transport Tourism and Sport, Shane Ross TD, and Minister of State for Tourism and Sport, Brendan Griffin TD. Waterford Sports Partnership is delighted that €1.5m has been allocated to 43 clubs and organisations across Waterford. Well done to all involved in putting the applications together - great to see the hard work bearing fruit.



## Waterford Sports Partnership - the next five years 2018-2022

In early 2018, Waterford Sports Partnership will commence a review of the WSP Strategic Plan 2014-2017 and develop a new strategy for WSP for the period 2018 to 2022. The review and strategy development process will include targeted consultation with staff, Board members and key stakeholders and target groups to explore achievements and shortcomings under each of the four strategic areas identified in the 2014-2017 strategy. The review will consider how delivery of the strategy has been viewed by staff, board members and their agencies and key stakeholders such as sports clubs, representatives of target groups identified for interventions etc. The outcome of the review will input to the preparation of the new strategic plan. In developing the new plan we will also consider the changing context in which WSP has worked and the context against which the next strategic plan will be implemented. We will be in contact with various representatives of groups and organisations that we work with in the first quarter of 2018 with arrangements for getting your feedback and valuable input to shaping our work for the coming years. Watch this space!

### 2017 WATERFORD SPORTS CAPITAL GRANTS RECIPIENTS

| ORGANISATION                             | PROJECT TITLE                                       | ALLOCATION |
|--|---|------------|
| Ballyduff Lower GAA Club                 | Ball Wall, Astro turf, Lighting & Siteworks Project | €57,500    |
| Ballyduff Soccer Club                    | Main pitch (full size playing pitch) drainage       | €26,500    |
| Ballyduff Upper GAA Club                 | Upgrade of Dressing/ShowerRoom & Training Facility  | €9,000     |
| Ballygunner GAA Club                     | Community Walking Track                             | €23,000    |
| Ballysaggart GAA Club                    | Ballysaggart GAA Hall & ancillary developments      | €105,000   |
| Brideview Utd AFC                        | Playing Field Upgrade and Supply Of Generator       | €15,500    |
| Cappoquin Community Dev. Co.             | Gymnasium extension at Cappoquin Community Centre   | €50,000    |
| Cappoquin Rowing Club                    | Support equality safety with upgrade equipment      | €24,000    |
| Celtic Squash Club                       | Celtic Squash Club Facilities Refurbishment         | €22,000    |
| Tramore GAA Club                         | Ground Improvements at Tramore GAA Club, Waterford  | €73,000    |
| Cunnigar Pitch and Putt Club             | Purchase of Grass Cutting Equipment                 | €13,288    |
| Dungarvan Gymnastics Club                | Tumbling Track & Landing Area                       | €5,000     |
| Dungarvan Rugby Club                     | Pitch refurbishment                                 | €20,000    |
| Dunhill GAA/Sports Centre                | Gym Equipment                                       | €11,500    |
| Finisk Valley Athletics Club             | Finisk Valley Athletics Club                        | €2,500     |
| Gaultier GAA Club                        | Floodlit astro turf training pitch                  | €48,500    |
| John Mitchells GAA                       | John Mitchells Field Development                    | €10,500    |
| Kilbarry Gymnastics Club                 | Upgrading and renewal of equipment                  | €5,000     |
| Kilmacthomas GAA Club                    | Upgrading Field Facilities & Security.              | €73,000    |
| Killetteran Riding Club                  | Dressage, Showjumping and X Country Equipment.      | €3,000     |
| Kilrossanty GAA Club                     | Astro turf pitch, Hurling wall & Fencing            | €92,000    |
| Mount Sion GAA/Social Club               | Mount Sion Hurling and Football Club                | €7,500     |
| Park Rangers FC                          | Park Rangers Soccer for All Clubhouse Extension     | €100,000   |
| Pat Rockett Martial Arts Academy         | Sports equipment and storage                        | €13,000    |
| Portlaw GAA Club                         | Portlaw GAA Dressing Room Facilities                | €70,000    |
| Rathgormack GAA Club                     | Rathgormack GAA Club upgrading of floodlights       | €10,000    |
| Saviours Crystal Boxing Club             | Extension for dressing rooms                        | €48,000    |
| Splashworld Sharks Swimming Club         | Swim Training Equipment                             | €7,000     |
| St. Anne's Waterford Tennis Club         | St. Anne's - Phase 1 of 3 Redevelopment.            | €150,000   |
| Tramore Boxing Club Boxing for All       | Gym Equipment Update/Upgrade                        | €7,000     |
| Tramore Rangers Football Club            | Improvement of Facilities                           | €5,000     |
| Tramore Tennis Club                      | Essential Repair and upgrade to facilities          | €5,704     |
| Tried & Tested Triathlon Club Dungarvan  | Equipment grant for Tried & Tested Triathlon Club   | €11,000    |
| Villa Football Club Villa Football Club  | Astro Pitch Development                             | €114,000   |
| Villierstown Education & Culture Project | Safety Upgrades                                     | €6,000     |
| Waterford Boat Club                      | Renewal of Equipment for Waterford Boat Club        | €31,000    |
| Viqueens Waterford                       | Viqueens Fresh Meat Recruitment                     | €2,000     |
| Waterford Crystal Football Club          | Sporting Equipment (Four Portable Goals)            | €1,000     |
| Waterford Harbour Sailing Club           | New Rescue/Safety RIBs & Dinghies for WHSC          | €34,000    |
| Waterford Harbour Sub Aqua Club          | Rigid Hulled Inflatable boat with engine            | €32,000    |
| Waterford LEDC Ltd                       | Cill Barra Community Sports Centre Extension        | €104,000   |
| Waterford Riding Club                    | Show Jumping Equipment                              | €7,000     |
| Waterford Sports Partnership             | Sports Equipment 2017                               | €14,000    |

### PARTICIPANT FEEDBACK - SAFEGUARDING COURSES

#### SAFEGUARDING 1:

*'A must for anyone involved in a club'*

**Neil Spillane, Piltown AFC**

*'Very helpful with an engaging tutor. I learned a lot'*

**DJ Foran, Portlaw GAA**

*'Very informative course in giving me peace of mind when dealing with these issues, a safe step in the right direction.'*

**Jane Crowley, WIT Arena**

#### SAFEGUARDING 2:

*'Very beneficial and informative course! WSP providing exceptional training'*

**Waterford Marine Search and Rescue**

*'very well designed and informative course'*

**Jeni Pim, Waterford Orienteering**

*'A beneficial course for all volunteers'*

**PJ O'Shea, Bonmahon Lifeguard Club**

## WSP Club Development Seminar Series 2016/17

### Sharing knowledge between sports and promoting positive change

The 2016/17 Club Development Seminar Series marked a commitment from National Governing Bodies and Waterford Sports Partnership to deliver on common goals of increasing participation, coach education and safe involvement in sport. The WSP Club Development Seminar Series aimed to 'share knowledge between sports and promote positive change'. WSP delivered nine seminars as part of the series in 2016/17 in conjunction with NGB's: Concussion Awareness (IRFU), Strength and Conditioning (Waterford Warriors), Minding your Mental Health (GAA/HSE/WIT), Simple Video Analysis (WIT), Pre and Half time Team Talk (GAA/Jason Ryan), Disability Awareness Training (CARA), Nutrition (WIT), Coaching Children (WSP) and Periodisation Training for Sports Coaches (WIT) The seminars were open to coaches, volunteers, parents and participants from all sports. 182 representatives from eighty one clubs and organisations attended the 2016/17 Seminar Series.

### Coaching Children

WSP delivered a coaching session for eighteen young sportsmen and women aged between 12-17 on 21<sup>st</sup> June in conjunction with the WIT high performance camp. The two hour session delivered by Peter Jones from WSP focused on giving the participants the chance to observe and then deliver their own coaching sessions to their peers. John Windle from WIT Arena who coordinated the summer camp said 'We had a number of high profile coaches and specialists in from a number of different fields during the week on our High Performance Camp and WSP's course delivered by Peter Jones was voted the most fun and informative. Just to say a big thank you from myself and all of the athletes and coaches on the high performance Camp.'

### Periodisation Training for Sports Coaches

The WSP Club Development Seminar series concluded on Monday 2<sup>nd</sup> October with twelve people from seven clubs representing five sports attending a 'Periodisation Training for Sports Coaches' seminar delivered by Richard Bolger from WIT. The seminar covered a wide range of topics and highlighted practical examples to coaches of how they can look at planning on a macro and micro scale to optimise performance of individual athletes and team players.

## Child Welfare & Protection Training for Sports Clubs

The structure of **Child Welfare & Protection (Code of Ethics) workshops for Clubs** is as follows:-

- Safeguarding 1 – Child Welfare & Protection Basic Awareness Course (3hrs)**
- Safeguarding 2 – Club Children's Officer Workshop (3hrs)**
- Safeguarding 3 – Designated Liaison Person Workshop (3hrs)**

### Safeguarding 1 - Basic Awareness Course

All Coaches, Children's Officers and Designated Liaison Persons (DLP) must first complete the 3 hour Child Welfare & Protection Basic Awareness Course. This course educates participants on the implementation of best practice in protecting the welfare of children involved in sport. Once participants have completed this course, participants can then attend either Safeguarding 2 Club Children's Officer Workshop and/or the Safeguarding 3 Designated Liaison Person Workshop.

### Safeguarding 2 – Club Children's Officer Training

A Club Children's Officer should be child centred in focus and have as the primary aim the establishment of a child centred ethos in a club. S/He is the link between the children and the adults in the club. S/He also takes responsibility for monitoring and reporting to the club management committee on how club policy impacts on young people and sports leaders.

### Safeguarding 3 – Designated Liaison Person

This workshop is essential for any person within a club who is the designated liaison person. The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency and/or An Garda Síochána. It is recommended that this person is a senior club person. The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.



### PARTICIPANT FEEDBACK

*'The Periodisation Seminar was very informative and I learned a lot'*  
Michael Gregan, Tramore Athletics Club.

*'The whole seminar series has been brilliant; I have learned loads'*  
David Phelan, Ballinameela GAA Club.

*'The Video Analysis Seminar covered all a team manager needs to develop awareness of video analysis and much much more.'*  
Seamus Berry, Ballygunner GAA Club.

*'Pre and Half Time team talk - "Best €5 I've spent in a long time"*  
Daniel Burns, Portlawn Junior Football Club.

*'Video Analysis Seminar gave me the tools and information I need to become a better coach to improve my team by the end of the season'*  
Shirley Moore, Waterford Hockey Club.

*'Nutrition Seminar - Great knowledge, great communication, great course'*  
Ray O'Callaghan Waterford Muay Thai



### 2017 SAFEGUARDING TRAINING STATS

| COURSE         | COURSES | PARTICIPANTS | CLUBS |
|----------------|---------|--------------|-------|
| Safeguarding 1 | 22      | 331          | 81    |
| Safeguarding 2 | 3       | 49           | 32    |
| Safeguarding 3 | 1       | 14           | 9     |

## Men on the Move 2017

The focus of the Men on the Move Programme is to encourage men to get more active, have fun and improve their fitness levels through twice weekly activity sessions. The programme offers men the chance to learn and take part in safe, effective exercises which are designed to suit everyone's needs. Previous participants have reported many benefits including improved mood, increased energy, weight loss/control and improved mobility and greater functional fitness. The twice weekly one hour physical activity sessions focus on aerobic exercises for forty minutes and work on core strength and flexibility for twenty minutes.

### November 2017

Fifty six men completed the our nineteenth Men on the Move Programme in Waterford City and Dungarvan. The eight week programme catered for men of various ages and abilities but focussed on keeping the guys together so they could enjoy some banter whilst exercising at their own pace, enabling tutors to tailor the programme to the individuals needs. The men of different abilities enjoyed the camaraderie and banter of taking part in an organised event.

As the table of AVERAGE results show, there was great improvement in the participants physical health in Dungarvan and Waterford City and the craic and banter amongst the groups can only have benefitted the participants' social and mental well-being too.



#### PARTICIPANT FEEDBACK

'this is my third year doing Men on the Move, I had a break in the summer but I came back as I missed the companionship of the friends I have made over the last three years, I've missed the exercise and I miss seeing all of the nice spots in Dungarvan'.  
Sean White, Dungarvan

'I'm loving the Men on the Move as it just gives you an outlet in the evening instead of going home and sitting on the couch and getting out and seeing the lads'  
Michael McLoughlin

| DUNGARVAN |           |           |             |
|-----------|-----------|-----------|-------------|
|           | PRE       | POST      | IMPROVEMENT |
| weight    | 85.75 kg  | 85.42 kg  | -0.26 kg    |
| waist     | 103cm     | 100 cm    | -3 cm       |
| 1 mile    | 9.46 mins | 8.13 mins | -1.36 mins  |



| WATERFORD CITY |            |           |             |
|----------------|------------|-----------|-------------|
|                | PRE        | POST      | IMPROVEMENT |
| weight         | 88.53 kg   | 88.11 kg  | -0.42 kg    |
| waist          | 106 cm     | 97 cm     | -9 cm       |
| 1 mile         | 10.05 mins | 8.27 mins | -1.38 mins  |

## Here's your chance to take part in Men on the Move 2018

We are running a **FREE TASTER WEEK** for Men on the Move at **Dungarvan GAA Club** on **Monday 15<sup>th</sup> & Wednesday 17<sup>th</sup> January** and at the **Regional Sports Centre** on **Tuesday 16<sup>th</sup> & Thursday 18<sup>th</sup> January**  
**ALL WELCOME!!**

Please check out our YouTube channel for video clips of the programme

If interested, please contact Peter Jones on 0761 10 2191 or email [pjones@waterfordsportspartnership.ie](mailto:pjones@waterfordsportspartnership.ie)

## Let's Run

Twenty eager and enthusiastic women took part in a hugely successful 'Let's Run' Programme in association with West Waterford Athletic Club. This eight week programme was funded through Sport Ireland Women in Sport. The Let's Run programme was designed to teach women the correct running techniques, build their confidence and train them to complete 5km leisure runs in groups or on their own. The group started on Tuesday 19<sup>th</sup> September in Euro Spar in Abbeyside Dungarvan where they met their coaches Claire and Jim. Both coaches worked closely with the ladies encouraging them over the eight weeks and even giving them weekly homework tasks. Following the programme fifteen ladies completed the Brickey Rangers 5km fun run together. Well done to all the ladies involved, you should be all proud of your fantastic achievements.

**WSP is running another Let's Run programme starting Monday 15<sup>th</sup> January in association with West Waterford Athletic Club and Eurospar Abbeyside.** If you are interested in taking part in the programme or you would like more information please contact Pauline on 076 110 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)



## Walk to Run

Waterford Sports Partnership ran two very successful Walk to Run programmes in 2017. Our first programme was run in partnership with Down Syndrome (DS) Branch Waterford, and started in March. This was a ten week programme, with participants aiming to complete a leg of the Waterford Viking Marathon in support of DS Waterford. Following the ten weeks, six participants completed a leg of the marathon. Our second programme started in August and ran for seven weeks for ladies from Tintean House, a service provided in Waterford for women experiencing homelessness. Seven women signed up to take part in the programme with five regular attendees. The ladies set a goal at the beginning of the programme to take part in the Cill Barra 5km Fun Run, with two of them completing it, and it is safe to say both ladies now have the running bug. Both programmes were tutored by Niall Devereux from Niall Devereux Fitness. Niall focused on showing participants from both groups the correct running technique working on their posture and breathing. Well done to all those who took part in our programmes and to those who completed events post training. WSP would like to thank Niall for running both programmes and to the HSE who funded these programmes.



## South East Traveller Soccer League

On Thursday 12<sup>th</sup> October, Waterford Sports Partnership teamed up with the Waterford Traveller Men's Project to run a South East Soccer Blitz for traveller men. This programme was funded by Sport Ireland and was the second blitz that took place this year. Over forty men were in attendance on the day from Waterford Traveller Mens Project, Kilkenny Traveller Project, TREO, Wytec and Youth Reach. FAI Development Officer, Gary Power was responsible for co-ordinating fixtures and refereeing the games on the day. Competition was high, with Waterford and Kilkenny competing in the final. After a very close competitive game, Waterford came out victorious. The day was a huge success, with Kilkenny set to host the next blitz at the end of May. A special thank you to Niall Devereux (Traveller Men Project Worker) who co-ordinated the teams and to the Kingfisher Club for the use of their facility. Well done everyone!

## Pedal Safely

We ran our first 'Pedal Safely on the Greenway' programmes in October in Kilmacthomas and Dungarvan. A total of eighteen participants took part in the programmes. Participants learned the Greenway Code, gearing, braking, cycling in groups, pairing and singling. Participants also learned the importance of looking out for themselves and others on the Greenway and being aware at all times. Thanks to Greenway Bike Hire in Kilmacthomas and John from Waterford Greenway Cycles for providing us with bikes. Well done all!

If you wish to take part in our next cycle programme, please contact Eadaoin on 0761102199 or email [eloughman@waterfordsportspartnership.ie](mailto:eloughman@waterfordsportspartnership.ie).

## Desk to 5km:

Well done to the twenty three ladies who took part in our lunch time Desk to 5km programme. This was run in conjunction with West Waterford A.C, Waterford City and County Council, Glanbia and Dungarvan Enterprise Centre.

The group met each Tuesday for 45 minutes and by week 8 had reached their goal of running 5km. They then took part in the 24<sup>th</sup> Annual Brickey 5km on November 5<sup>th</sup>. Huge thanks to Irene Clarke and West Waterford A.C, for delivering this fantastic programme. All participants really enjoyed this programme with ladies commenting on how they can now fit physical activity into their working day and also on how their productivity in work had increased. Well done all, these participants demonstrated that it is possible to fit physical activity into the day; you just need to create that time somewhere!



If you are interested in joining a lunch time group, please contact Eadaoin on 0761102199 or email [eloughman@waterfordsportspartnership.ie](mailto:eloughman@waterfordsportspartnership.ie)

## Beat the Street

Beat the Street is a community challenge which saw communities across Waterford City, Dungarvan and Kilmacthomas take part in a fun game from September 13<sup>th</sup> to November 1<sup>st</sup>. The project is being delivered by Intelligent Health with support from Waterford Sports Partnership and funding from Waterford City & County Council, Sport Ireland, Healthy Ireland and the Dormant Accounts Fund.



Beat boxes were placed across the three areas, including on the Waterford Greenway, and there was a fantastic effort from all of the players across the seven weeks of the game. The key objective was to get communities more active, exploring their local areas and green spaces, and to ultimately empower communities to create their own positive physical activity habits.

**Now that the seven week game is over, the key findings from the Waterford project are as follows:**

Over **11,000** participants took part in Beat the Street! | Total journey travelled was **62,774.5 miles/101,025km**

**272,000** taps in total - **18,656** on the Greenway (7%)

### Most Popular Boxes:

D5 CBS/St Joseph's Dungarvan  
W21 Park, Water Street Waterford  
D4 St. Mary's/St John's Dungarvan

### Total Points Leader Board Winners

1<sup>st</sup> St Mary's Primary School Dungarvan  
2<sup>nd</sup> St. John of God's Primary School Waterford  
3<sup>rd</sup> Scoil an Bhaile Nua Kilmacthomas

### Average Points Leader Board Winners

1<sup>st</sup> Waterford Orienteering Club  
2<sup>nd</sup> Scoil an Bhaile Nua Kilmacthomas  
3<sup>rd</sup> St. Joseph's Primary School Dungarvan

Forty one primary and secondary schools took part as teams across the seven weeks along with thirteen community groups including WSP Walk for Life, Waterford Orienteering Club, Manor St. John and others. Congratulations to all of the fantastic winners across the two leader boards! 1<sup>st</sup> place prize winners received a €500 voucher for sports and fitness equipment, 2<sup>nd</sup> place received €250 vouchers and 3<sup>rd</sup> place €100 vouchers.



Rosarie Kealy, Sport Coordinator, Waterford Sports Partnership, partners on the Beat the Street project in Waterford, outlined the importance of programmes like Beat the Street in local communities: 'We were delighted to support the first ever Beat the Street programme in Waterford and to see the great response from the community to play the game. Young people and families really got engaged and as a result of the programme over 100,000 extra kilometres were travelled – that makes a big impact on people's health. We will hopefully see once the evaluation is completed a positive impact of the programme on people's behaviour in terms of travelling to/from school and work'.

**There has been really positive feedback about the Beat the Street project during and after the game:**

*'First off well done on a great incentive to get kids moving, one of mine in particular wouldn't walk to save herself and she was so enthusiastic about this today!'*

*'Gets my children to walk more, spend more time with them & have quality time which is completely free & priceless!'*

*'Loved doing it with my class and they loved swiping the card at the various locations around town! Would love it to be year round. It encourages kids to be out in the fresh air away from their screens etc. Well done. Waterford Beat the Street!'*

*'Brilliant idea, kids had a ball doing it, it should be kept long term get everyone out in fresh air even over the winter.'*

*'We had great fun when we were able to get out. We'd love to do it again.'*

Thanks to all of the hard work by the communities across Waterford city and county in getting out and about and travelling over 60,000 miles across the seven weeks, Beat the Street's chosen charity the Solas Cancer Support Centre received a donation of €900. Tracy McDaid, Manager of the Solas Cancer Support Centre explains what it means to their charity to receive this donation from Beat the Street: 'The Solas Cancer Support Centre is absolutely delighted to be the chosen charity for the Beat the Street campaign. We are entirely funded by donations and fundraising events and require €400,000 annually to run our services. Hand in hand with the funding is the very positive message around exercise and health and our partnership with this superb initiative mirrors our core objective promoting health and wellbeing'



The Today Show from RTÉ also showed lots of interest in Beat the Street and travelled down to do some filming in Carrickphierish and Bilberry! This will be airing in the near future, keep an eye on the Beat the Street Facebook and Twitter accounts for updates.

**What's happening next?** - Now that that the game phase of Beat the Street is over, the beat boxes have been taken down. However, keep hold of your card and your fob as there will be lots more from Beat the Street over the coming months, to help keep you motivated and physically active! Beat the Street will be working with schools and the broader community by linking in with a monthly newsletter. Here, you will find local events, training, programmes that are available in their local area, fun physical activity materials, like the Beat the Street Activity Advent Calendar, cross-curricular ideas for integrating physical activity into curriculum, fun competitions and more. Why not bring your card along to the Operation Transformation walks

hosted by Waterford Sports Partnership on Saturday 13<sup>th</sup> January and be in with a chance of winning a prize! Beat the Street is currently putting the final touches to the evaluation report also, which will investigate if behaviour has changed over the seven weeks and how much of an impact Beat the Street had on physical activity levels.

**Feedback:** If you have any feedback or questions about Beat the Street, or if you are an activity provider who would like to work with Beat the Street, please contact [eimear.cusack@intelligenthealth.co.uk](mailto:eimear.cusack@intelligenthealth.co.uk).

**CHECK OUT PAGE 15 FOR MORE BEAT THE STREET PHOTOS**

## Buggy Buddies

We have just completed our fourth four week block of Buggy Buddies with over thirty participants attending with their babies and toddlers. Two programmes took place in Kilmacthomas and Dungarvan. Each week, participants took part in different levels of activities, which were specifically catered to different fitness levels.

Resistance bands and outdoor equipment were used for resistance training, while the greenway was used for walking and jogging. All participants have thoroughly enjoyed this programme and have increased their fitness levels whilst making new friends. Many parents are not originally from the area and found that the programme helped them to feel part of their community and meet others in a similar situation. In both locations, the groups are now meeting themselves outside the Buggy Buddies Programme. Well done all!



### PARTICIPANT FEEDBACK

*'Buggy Buddies is a fantastic opportunity to meet new people, get fit and have some fun.'*

*'It's a fantastic opportunity to meet other parents and do my exercise at the same time.'*

*'This programme has provided me with the skills and motivation to get back fit after having my baby.'*



## Join us for Buggy Buddies 2018!

*Moms, Dads, Grannies, Grandads, Childminders! Due to the success of our 2017 Buggy Buddies Programme we are starting new programmes in Kilmacthomas and Dungarvan in January 2018.*

### KILMACTHOMAS

Wednesdays starting 24<sup>th</sup> January | Workhouse Greenway Car Park @ 10am

### DUNGARVAN

Thursdays starting 25<sup>th</sup> January | Walton Park @ 10am

Cost: €20 for 6 week programme

If you would like to join, please call Eadaoin on 0761 10 2199 or email [eloughman@waterfordsportspartnership.ie](mailto:eloughman@waterfordsportspartnership.ie).

## Women on the Move

We have now completed two 'Women on The Move' programmes with a total of fifteen participants taking part in one or both of the programmes. Our most recent programme took place for six weeks, with measurements, BMI and fitness testing being completed during session one and again during the final week. Each week, participants took part in different activities including walking, Pilates and resistance training. The women have thoroughly enjoyed this programme with one woman commenting 'it has made a huge difference to my fitness and I am now feeling so much better about myself.' Participants lost weight and became much fitter with one lady knocking over 5 minutes off her mile time!



## Join us for Women on the Move 2018

### Get fit this January!

*Due to our successful 'Women on The Move' pilot programme, we will be running Women on the Move programmes in Waterford City and Lismore in 2018.*

### WATERFORD CITY

WEDNESDAYS - starting 24<sup>th</sup> January | 7 to 8pm  
at Carrickphierish Community Sports Centre | Gracedieu

### LISMORE

WEDNESDAYS - starting 24<sup>th</sup> January | 7 to 8pm  
at Lismore Community Centre

Cost: €20 for 6 week programme

If you would like to join, please call Eadaoin on 0761 10 2199 or email [eloughman@waterfordsportspartnership.ie](mailto:eloughman@waterfordsportspartnership.ie).

## 2018 CALENDAR OF TRAINING & EVENTS

| Date  | Course/Event   | Time                                     | Cost  | Venue   |
|---|--|--|---|---|
| <b>January 2018</b>   |  |  |   |   |
| Wednesday 10 <sup>th</sup> January                              | Community Walking Leader Training  | 5.45 to 7.30pm                           | FREE  | Causeway Tennis Club, Abbeyside, Dungarvan.   |
| Saturday 13 <sup>th</sup> January                               | Operation Transformation National Walks<br><b>THREE GREENWAY WALKS</b>                                   | 11am<br><i>(Registration from 10.15)</i> | FREE  | Walton Park, Abbeyside, Dungarvan<br>Workhouse, Kilmacthomas<br>WIT Arena, Carriganore, Waterford |
| Tuesday 16 <sup>th</sup> January                                | Walk for Life   Waterford Greenway Abbeyside<br><i>- for Over 50's &amp; people with a disability</i>    | 10.30am                                  | €3<br><i>(incl. Tea/Coffee &amp; Scone)</i> | Meet @ Walton Park, Abbeyside, Dungarvan  |
| Monday 22 <sup>nd</sup> January                                 | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop  | 6-9pm                                    | €15pp                                       | WIT Arena, Carriganore, Waterford.  |
| Tuesday 23 <sup>rd</sup> January                                | Walk for Life   Waterford Greenway Suir Valley<br><i>- for Over 50's &amp; people with a disability</i>  | 10.30am                                  | €3<br><i>(incl. Tea/Coffee &amp; Scone)</i> | Meet @ Suir Valley Railway Car Park   |
| Monday 29 <sup>th</sup> January                                 | Disability Awareness in Sport Training   | 6 to 8pm                                 | €5pp  | WIT Arena, Carriganore, Waterford.  |
| Tuesday 30 <sup>th</sup> January                                | Walk for Life   Waterford Greenway Clonea<br><i>- for Over 50's &amp; people with a disability</i>       | 10.30am                                  | €3<br><i>(incl. Tea/Coffee &amp; Scone)</i> | Meet @ Dungarvan Rugby Club   |
| <b>February 2018</b>  |  |  |   |   |
| Tuesday 6 <sup>th</sup> February                                | Walk for Life   Waterford Greenway Bilberry<br><i>- for Over 50's &amp; people with a disability</i>     | 10.30am                                  | €3<br><i>(incl. Tea/Coffee &amp; Scone)</i> | Meet @ Bilberry Greenway Car Park   |
| Monday 12 <sup>th</sup> February                                | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop  | 6-9pm                                    | €15pp                                       | Dungarvan Enterprise Centre   |
| Tuesday 13 <sup>th</sup> February                               | Walk for Life   Waterford Greenway Kilmacthomas<br><i>- for Over 50's &amp; people with a disability</i> | 10.30am                                  | €3<br><i>(incl. Tea/Coffee &amp; Scone)</i> | Meet @ Coach House Car Park   |
| Friday 16 <sup>th</sup><br>& Saturday 17 <sup>th</sup> February | Active Leadership Training   | 6 to 9pm<br>9.30 to 4.30pm               | €15pp                                       | WIT Arena, Carriganore, Waterford.  |
| <b>March 2018</b>   |  |  |   |   |
| Monday 5 <sup>th</sup> March                                    | Safeguarding 2 – Children's Officer Training   | 6-9pm                                    | €15pp                                       | Dungarvan Enterprise Centre   |
| Saturday 10 <sup>th</sup> March                                 | Remote Emergency Care First Aid Course   | 9am to 5pm                               | €50pp                                       | The Park Hotel, Dungarvan.  |
| Monday 12 <sup>th</sup> March                                   | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop  | 6-9pm                                    | €15pp                                       | WIT Arena, Carriganore, Waterford.  |
| <b>April 2018</b>   |  |  |   |   |
| Monday 16 <sup>th</sup> April                                   | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop  | 6-9pm                                    | €15pp                                       | Dungarvan Enterprise Centre   |
| <b>May 2018</b>   |  |  |   |   |
| Monday 14 <sup>th</sup> May                                     | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop  | 6-9pm                                    | €15pp                                       | WIT Arena, Carriganore, Waterford.  |
| Monday 21 <sup>st</sup> May                                     | Safeguarding 2 – Children's Officer Training   | 6-9pm                                    | €15pp                                       | WIT Arena, Carriganore, Waterford.  |
| <b>June 2018</b>  |  |  |   |   |
| Monday 11 <sup>th</sup> June                                    | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop  | 6-9pm                                    | €15pp                                       | Dungarvan Enterprise Centre   |
| Saturday 16 <sup>th</sup> June                                  | Remote Emergency Care First Aid Course   | 9 am to 5pm                              | €50pp                                       | WIT Arena, Carriganore, Waterford.  |
| Monday 25 <sup>th</sup> June                                    | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop  | 6-9pm                                    | €15pp                                       | WIT Arena, Carriganore, Waterford.  |

## 2018 CALENDAR OF TRAINING & EVENTS

| Date                                | Course/Event  | Time        | Cost  | Venue                                    |
|-------------------------------------|---|-------------|-------|--|
| <b>September 2018</b>               |   |             |       |  |
| Monday 10 <sup>th</sup> September   | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop | 6-9pm       | €15pp | Dungarvan Enterprise Centre              |
| Saturday 15 <sup>th</sup> September | Remote Emergency Care First Aid Course                            | 9 am to 5pm | €50pp | The Park Hotel, Dungarvan, Co. Waterford |
| Monday 17 <sup>th</sup> September   | Safeguarding 2 – Children’s Officer Training                      | 6-9pm       | €15pp | Dungarvan Enterprise Centre              |
| <b>October 2018</b>                 |   |             |       |  |
| Monday 8 <sup>th</sup> October      | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop | 6-9pm       | €15pp | WIT Arena, Carriganore, Waterford.       |
| Monday 8 <sup>th</sup> October      | Safeguarding 3 – Designated Liaison Person                        | 6-9pm       | €15pp | WIT Arena, Carriganore, Waterford.       |
| <b>November 2018</b>                |   |             |       |  |
| Monday 5 <sup>th</sup> November     | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop | 6-9pm       | €15pp | Dungarvan Enterprise Centre              |
| Monday 19 <sup>th</sup> November    | Safeguarding 1<br>– Child Welfare & Protection Awareness Workshop | 6-9pm       | €15pp | WIT Arena, Carriganore, Waterford.       |

### CHECK OUT OUR WEBSITE

For further information on courses and links to online booking

[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

Please feel free to contact the office on 0761 10 2194/0761 10 2682  
to request to book or for further information.

## BEAT THE STREET 2018



## Fishing for people with Sight Loss

Waterford Sports Partnership in partnership with Waterford District and Fishing Club ran three Come and Try It fishing sessions for individuals with sight loss. The Come and Try it Sessions were held in Oaklands Lake, New Ross with four participants. The programme was tutored by Der Casey and Martin Collins and funded through the HSE. Over the three weeks participants were shown basic fishing skills such as preparing their fishing rod, learning to cast, how to set the drag and how to release the fish back into the lake safely. Participants had a fantastic fishing experience as they caught some of the largest fish the lake had to offer. Despite the cold weather participants all really enjoyed the three days fishing and are sure to return to the lake in the Spring. Well done to all involved and thank you to our good humoured coaches Der and Martin, who were fantastic with the participants each week.



## Halloween Camp for Children with a Physical Disability

This Autumn saw the first Waterford Sports Partnership Halloween Camp for Children with a physical disability and their siblings. The camp ran for one day over the October Mid Term break in the Sports Hub of Carrickphierish Community Campus from 10.00am – 2.00pm. This Halloween Camp was funded by the HSE and supported by Carrickphierish Library Services for thirteen participants. Waterford Sports Partnership SDO's Pauline Cunningham and Louise Barry led the camp with support from two WIT students (Aoife & Maria) and two SNA's (Debbie & Shauna). Participants were really spoiled for choice on the day as they had the opportunity to try a variety of activities such as multi activity games, basketball, rounders, Lego and fuse ball. At the end of camp all participants were invited into the Library to enjoy a Halloween party and charge the batteries before they headed home for some trick or treating. Well done to all involved, it was a really enjoyable day!



**World Mental Health Week** ran from the 9<sup>th</sup> – 14<sup>th</sup> October 2017. Waterford Sports Partnership is a member of a Waterford Mental Health Forum known as "Link Up". The aim of Link Up is for all organisations with an interest in working with people in mental health services and individuals in the community to work in collaboration for mutual benefit. With this in mind, the Link Up Forum aimed to run a series of events over mental health week. Waterford Sports Partnership contributed to a number of activities over the week such as walking events and the south east traveller soccer blitz. Link Up is open to new members joining the forum.



If you are interested in joining this forum or would like more information, please contact Pauline Cunningham on 076 110 2682 or email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

## Kick to Recovery

Waterford Sports Partnership in conjunction with the FAI have just finished running seven weeks of soccer for participants in mental health services and participants with a mild intellectual disability. The programme ran on Wednesdays from 11am to 12pm in the Kingfisher Club, Waterford with eighteen participants. Tommy Griffin from the FAI led each session. Each week participants did a light warm up before breaking into some skill work followed by what can only be described as a competitive and entertaining game of football. WSP will be running Kick to Recovery in 2018, check out calendar of events on page 20/21 for full details.



## Cycling for people with an intellectual disability

We were delighted to receive funding from Cycling Ireland to run a six week cycling programme with participants from Carriglea Chairde Services. The programme was delivered by Damien O' Connell and WSP, Sports Development Officer Pauline Cunningham. The programme started on Wednesday 16<sup>th</sup> August with an introductory session covering areas such as preparing for a bike ride, bike and helmet checks, and basic rules of the Waterford Greenway. Over the six weeks, the programme focused on teaching participants skills such as starting position, breaking and cornering, gearing and cycling in pairs. Each week participants learned a new cycling skill before heading on a short bike ride along the beautiful Waterford Greenway. On the final week of the programme, participants challenged themselves to complete a 20km cycle along the Greenway which they all completed at their leisure. Following their final spin all participants were treated to some well deserved refreshments and received a WSP Cycling Certificate to acknowledge the hard work and commitment that they had put into the programme over the six weeks. Well done to all seven participants, keep those wheels in motion.



## Social Soccer

On the last Thursday of every month from 1-2pm the FAI and Waterford Sports Partnership runs Social Soccer for adults with PAN disability in Waterford. The Social Soccer League is made up of various disability groups from right across the City and County who come together each month to play soccer. With the assistance of the FAI two sections are run, an indoor section for participants of low level ability and an outdoor section for higher level ability participants. A huge thank you to the FAI Sports Development Officer Gary Power who ran the sessions each month. WSP will be running Social Soccer again in 2018 and are looking forward to seeing you all there.

## Boxing for Children with Autism

Well done to the ten students from St. Paul's Secondary School ASD Unit who took part in three boxing sessions over the month of November. The sessions ran in the school gym and were tutored by Niall Devereux. Niall showed participants eight basic boxing moves over the three sessions, and put small routines together for the participants to follow. The students are already looking forward to taking part in another three sessions in the New Year.



## Boccia

Boccia is one of the most popular activities run by Waterford Sports Partnership for adults with a disability. Waterford Sports Partnership has run four monthly boccia activity days since September with over 120 participants taking part. Our monthly boccia activity days are hugely supported by Cill Barra Sports Centre, who provides staff and co-ordinate the activity. Participants come from a number of disability organisations such as Brothers of Charity, National Learning Network, Carriglea Chairde Services and Activation Therapy Unity (St. Otterans). Boccia is a target ball game similar to bowls or petanque and is 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. WSP is always looking for new groups and individuals to take part in our monthly boccia activity. Check out our calendar of events on Page 20/21 for 2018 details.



## SportsAbility Forum

Waterford's SportsAbility Forum was established in 2016, with representatives from various Disability Organisations, Voluntary and Statutory Organisations and National Governing Bodies. The aim of the forum is for organisations to meet quarterly and share information on what physical activity opportunities are available for people with a disability in Waterford. The forum is going from strength to strength, with the forum developing a vision, mission and clear objectives and goals to achieve each year.

The forum is always looking for new members. If you or your organisation is interested please contact Pauline on 076 110 2682 or email [pcunningham@waterfordsportpartnership.ie](mailto:pcunningham@waterfordsportpartnership.ie).



## Progressive Disability Services for Children and Young People Conference

Waterford SportsAbility Forum was selected to present a Poster Presentation at the first Progressive Disability Services for Children and Young People Conference on Friday 1<sup>st</sup> December in University Limerick. Rose Bradley & Mairead Casey from the Central Remedial Clinic along with Mary Condon from Déise Dragons represented the Forum at the conference. The theme of the conference was "promoting inclusion and partnership in the community" which represents what the forum is all about. The poster received a lot of attention on the day and generated some interesting discussions. Well done to all the forum members who contributed to the poster and to our representatives on the day. **Check out the 'Poster Presentation' below . . .**

## THE ESTABLISHMENT OF THE Waterford SportsAbility Forum

Pauline Cunningham, Sports Inclusion Disability Officer, Waterford Sports Partnership  
Phone: 0761 10 2682 | Mobile: 086 783 7385 | [pcunningham@waterfordsportpartnership.ie](mailto:pcunningham@waterfordsportpartnership.ie)

**OUR VISION:** Healthy active participation for all.

**OUR MISSION:** To actively promote inclusion and enable participation in sport and physical activity for people with a disability.

**BACKGROUND**

Waterford's SportsAbility Forum was established in 2016, with representatives from various Disability Organisations, Voluntary and Statutory Organisations and National Governing Bodies. The aim of the Forum is for organisations to meet quarterly and share information on what physical activity opportunities are available for people with a disability in Waterford.

**INCLUSIVENESS**

We believe that everyone should have the opportunity to participate in sport and physical activity. We are passionate about the power of sport and physical activity to engage, include and inspire people to reach their potential, improve their health and well-being and to provide a quality of life with social opportunities.

**QUALITY**

The principle we promote ensures a greater quality of life through physical activity and sport. We aim to achieve this by promoting an active forum with quality information and resources.

**RELATIONSHIPS**

We recognise the importance of our relationships, the synergy of our collective strengths, the power of community, partnership and collaboration and the value of team effort. We want the experience of working with us to be positive and progressive.

**OUR CORE VALUES**

**EMPOWER**

To empower people to make choices and give them the opportunity to access and make sport and physical activity part of their everyday life.

**ADVOCACY**

Advocate towards building a more inclusive and accepting environment for all abilities.

**RESPECT**

The unique and diverse contributions and efforts of everyone to encourage an environment that is open, safe and welcoming where we treat people fairly and with courtesy and kindness.

**CHALLENGES**

- Keeping our focus aligned to our Mission.
- Establishing and developing a profile for the Forum
- Wide range of disabilities and ages to cater for
- Building a strong and effective membership

**SUCCESSES**

- Successfully bringing together a diverse range of disability services and organisations
- Organisations working in partnership to benefit people with a disability in Waterford
- Practical action-based projects:
  - Establishment of Déise Dragons Multi Sport Club for Children with a physical disability
  - SportsAbility Day planned for 2018
  - More specific physical activity programmes planned by WSP to cover gaps that Forum identified e.g. Summer/Easter camps



[www.waterfordsportpartnership.ie](http://www.waterfordsportpartnership.ie) | Waterford Sports Partnership - Supporting Activity and Sport for All

CONTACTS FOR WATERFORD DISABILITY GROUPS & CLUBS

**Deise Dragons**

*Multi Sport Club for Children with a Physical Disability*

Mary Condon | 085 103 4072 | deisedragons@gmail.com



**Down Syndrome Waterford Branch**

info@dsiwaterford.ie

**Dyspraxia DCD Ireland – Waterford Branch**

dyspraxiadcd@gmail.com



**Halliwick Swim Club (PAN Disability)**

Sarah Flynn | 083 1376847 | vikinghalliwicksc@gmail.com

**Waterford Autism Social and Sport Action (WASSA)**

Bernie Murphy | 086 663 7055 | contact@wassa.ie



**Little Conquerors Autism Group**

*West Waterford Autism Parents Support Group*

Kevin Murphy | 086 823 1653 | conalmore@gmail.com

Contact Pauline Cunningham our Sports Inclusion Disability Officer

by phone on 0761 10 2682

or by email [pcunningham@waterfordsportspartnership.ie](mailto:pcunningham@waterfordsportspartnership.ie)

# DISABILITY CALENDAR | JANUARY TO JUNE 2018

| Programme  | Date /Time /Location   | Description  | Cost/Booking  |
|--|--|--|---|
| <b>WALK FOR LIFE</b>   |  |  |   |
|   | Tuesday 15 <sup>th</sup> January @ 10.30am<br>Walton Park, Abbeyside, Dungarvan.   | <b>PAN Disability</b><br>Walk for Life is back for 2018 - Waterford Sports Partnership is hosting a series of walks for people with a disability, most of which are fully accessible but be sure to check out the details before travelling. The aim of the series is to give people the opportunity to create links with others in their locality and experience some of the wonderful Waterford Walks. | <b>€3pp</b><br>(includes tea/coffee & scone)<br><br><b>Booking Essential</b><br>Please contact Pauline<br>(Details Below) |
|  | Tuesday 23 <sup>rd</sup> January @ 10.30am<br>Waterford Greenway, Suir Valley Railway  |  |   |
|  | Tuesday 30 <sup>th</sup> January @ 10.30am<br>Waterford Greenway, Clonea.<br>Meet @ Dungarvan Rugby Club                     |  |   |
|  | Tuesday 6 <sup>th</sup> February @ 10.30am<br>Waterford Greenway, Bilberry Car Park  |  |   |
|  | Tuesday 13 <sup>th</sup> February @ 10.30am<br>Waterford Greenway, Kilmacthomas Coach House.                                 |  |   |
| <b>BOCCIA</b>  |  |  |   |
|    | Wednesday 31 <sup>st</sup> January 11am – 12.30pm<br>Cill Barra Sports Centre  | <b>Pan Disability</b><br>Boccia is a target ball game similar to bowls or petanque. Boccia is 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.   | <b>€2pp</b><br><br><b>Booking Essential</b><br>Please contact Pauline<br>(Details Below)                                  |
|  | Wednesday 28 <sup>th</sup> February 11am – 12.30pm<br>Cill Barra Sports Centre   |  |   |
|  | Wednesday 28 <sup>th</sup> March 11am – 12.30pm<br>Cill Barra Sports Centre  |  |   |
|  | Wednesday 25 <sup>th</sup> April 11am – 12.30pm<br>Cill Barra Sports Centre  |  |   |
|  | Wednesday 23 <sup>rd</sup> May 11am – 12.30pm<br>Cill Barra Sports Centre  |  |   |
|  | Wednesday 27 <sup>th</sup> June 11am – 12.30pm<br>Cill Barra Sports Centre   |  |   |
| <b>KICK TO RECOVERY - SOCCER</b>   |  |  |   |
|  | Wednesday 17 <sup>th</sup> January<br>to Wednesday 21 <sup>st</sup> February<br>11am – 12pm<br><br>Kingfisher Club Waterford | <b>People in Mental Health Services</b><br>We are working in partnership with the FAI to deliver a six week block of soccer for participants in mental health services. Participants will have the opportunity to experience 60 minutes of quality soccer training instruction provided by an experienced FAI coach.   | <b>€3pp</b><br><br><b>Booking Essential</b><br>Please contact Pauline<br>(Details Below)                                  |
| <b>MULTI SPORT CAMP FOR CHILDREN WITH A PHYSICAL DISABILITY &amp; SIBLINGS</b>     |  |  |   |
|  | Tuesday 27 <sup>th</sup> March<br>&<br>Thursday 29 <sup>th</sup> March<br><br>10am – 2pm                                     | <b>Children with a Physical Disability &amp; Siblings</b><br>WSP in partnership with IWA Sport will run a two day camp for children with a physical disability and their siblings. Participants will have an opportunity to try a variety of sports over the two days.   | <b>Booking Essential</b><br>Please contact Pauline<br>(Details Below)   |

# DISABILITY CALENDAR | JANUARY TO JUNE 2018

| Programme  | Date /Time /Location   | Description  | Cost/Booking   |
|--|--|--|--|
| <b>WORLD CUP SOCCER TOURNAMENT</b>   |  |  |  |
|    | Thursday 8 <sup>th</sup> February   11.30am – 1pm<br>Kingfisher Club Waterford   | <b>Adults with Mild Intellectual Disability</b><br>WSP in partnership with the FAI are running a 5 a side World Cup Tournament with participants with a Mild Intellectual disability. Services can enter teams with up to 7 participants and use rolling substitutes on the day. There is no limit on the amount of teams services can enter. Teams must register in advance and select a team that has qualified for the World Cup. | <b>€2pp</b><br><br><b>Booking Essential</b><br>Please contact Pauline<br><i>(Details Below)</i>  |
|  | Thursday 8 <sup>th</sup> March   11.00am – 12.30pm<br>Kingfisher Club, Waterford   |  |  |
|  | Thursday 12 <sup>th</sup> April   11.30am – 1pm<br>Kingfisher Club Waterford   |  |  |
|  | Thursday 10 <sup>th</sup> May   11.30am – 1pm<br>Kingfisher Club Waterford   |  |  |
|  | Thursday 7 <sup>th</sup> June   11.30am – 1pm<br>Kingfisher Club Waterford   |  |  |
| <b>SOCIAL SOCCER</b>   |  |  |  |
|    | Thursday 22 <sup>nd</sup> February   1 to 2pm<br>Thursday 29 <sup>th</sup> March   1 to 2pm<br>Thursday 26 <sup>th</sup> April   1 to 2pm<br>Thursday 31 <sup>st</sup> May   1-2pm<br>Kingfisher Club Waterford                      | <b>PAN Disability</b><br>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 games indoors in the sports hall   | <b>€2pp</b><br><br><b>Booking Essential</b><br>Please contact Pauline<br><i>(Details Below)</i>  |
| <b>ATHLETICS FOR PEOPLE WITH A PHYSICAL DISABILITY</b>                             |  |  |  |
|  | Tuesday 27 <sup>th</sup> February   5.30 to 7pm<br>Tuesday 6 <sup>th</sup> March   5.30 to 7pm<br>Tuesday 13 <sup>th</sup> March   5.30 to 7pm<br>Tuesday 20 <sup>th</sup> March   5.30pm to 7pm<br>WIT Arena, Carriganore Waterford | <b>People with a Physical Disability</b> - WSP in partnership with IWA Sport is running a 4 week athletics programme for people with a physical disability. This indoor athletics programme will teach participants the basic skills such as shot-put, javelin and discus.   | <b>€20pp</b><br><br><b>Booking Essential</b><br>Please contact Pauline<br><i>(Details Below)</i> |
| <b>MULTI SPORT FOR ADULTS</b>  |  |  |  |
|  | Wednesday 14 <sup>th</sup> February   1 to 2pm<br>Wednesday 14 <sup>th</sup> March   1 to 2pm<br>Wednesday 18 <sup>th</sup> April   1 to 2pm<br>Dungarvan Sports Centre  | <b>Mild to Moderate Disability</b> - Multi sport is aimed at more active participants. It will involve a variety of activities such as; basketball, camán abu, volleyball, parachute, circuit, swiss ball soccer and much more.  | <b>€2pp</b><br><br><b>Booking Essential</b><br>Please contact Pauline<br><i>(Details Below)</i>  |

## 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 to the needs of specific groups. Some of the training courses on offer include;

|   |                        |  |
|---|------------------------|--|
| <b>Disability Awareness in Sport Training</b> | 2 hour course<br>€20pp | This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity.   |
| <b>Disability Inclusion Training</b>          | 6 hour course<br>€45pp | This course is designed to provide attendees with the knowledge, skills and ideas on how to adapt and modify your sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities.   |
| <b>Inclusive Fitness Training</b>             | 6 hour course<br>€50pp | 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.  |
| <b>Autism in Sport Workshop</b>               | 3 hour course<br>€40pp | This course will provide attendees with an understanding of Autism focusing on the delivery of sport. The course will help attendees to recognise and understand key areas of difference as well as looking at practical strategies which will help to include people with autism in sport sessions. |

For more information on any of these courses please contact Pauline Cunningham on 076 110 2682 or email [pcunningham@waterfordspartnership.ie](mailto:pcunningham@waterfordspartnership.ie)

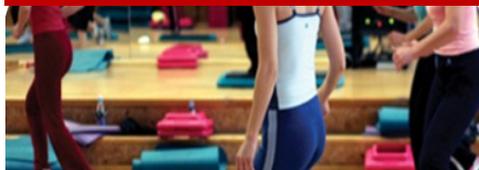


## Fitness Programmes

There were three hours of fitness classes on offer each week at the Sports Hub at Carrickphierish Community Campus between Monday and Thursday from September to December. These activities included:

- ◆ Zumba Fitness
- ◆ Step Aerobics
- ◆ Body Sculpt and Tone

The classes have proved very popular **CHECK OUT WHAT'S ON** on **PAGE 23** for upcoming programmes to help you improve your health and achieve your fitness goals.



## Community Programmes & Events . . .

**Drop-in Soccer** remains very popular each Monday night from 8 to 9pm. This is facilitated by Northern Suburbs Community Youth Project (NSCYP), FAI Coach Paul Westwood and WSP. New members are always welcome. Please contact Donna Ferris for more information on 086 6093130.

**Afterschools Activity Programme** commenced in September and proved to be very popular among the students from Gaelscoil na nDeise and Educate Together. The children in attendance have an opportunity to participate in various, fun activities facilitated by WSP and NSCYP.

**Breakfast Activity Club** - The inaugural Breakfast Activity Club took place in October in conjunction with Carrickphierish Library Services and Waterford GAA Coaching & Games Development. This eight week programme focuses on the provision of physical activity (fundamental movements through GAA) and the provision of a healthy breakfast. The pupils also have an opportunity to use the library services before starting school. The pupils in attendance are from the adjoining schools. At present, there are 30-35 children registered to attend the club.

**Hub Coffee Morning** - A Coffee Morning was held in October in collaboration with the Library Services. The aim of the event was to give the local community an opportunity to let us know what activities and services may be beneficial to them and also an opportunity for them to see the fantastic facilities that the Hub has to offer. It was great to meet the local people on the day and we look forward to hosting our next event in January 2018.

## Club Support

The **Waterford Vikings Basketball Club** continues to occupy the Sports Hub for training sessions and games throughout the week. New members are always welcome, contact Ruth Sheehan for more details on: 086 1246668.

**Irish Dancing** continues each Saturday morning for 2.5 hours, organised and facilitated by Mary Scanlon. 086 8514922.

The **Déise Dragons Multi-Sport Club for Children and Young People aged 4 to 18 years with a physical disability** returned in September and there has been a notable increase in members and volunteers alike. The club runs each Friday from 6.30 to 8.30 pm where a wide range of activities take place. For more information contact Mary on 085 1034072 or Pauline on 0761 10 2682.

**Halloween Camp** - WSP in collaboration with NSCYP and Carrickphierish Library Services organised a three day Halloween Camp for children from the local community. This camp was offered at €15 per child and €10 for siblings. A total of 22 engaged on the camp for 3 days. The activities scheduled for the participants included soccer, GAA, tag rugby, basketball and fun games. The inclusion of the 'Table Top' tournament provided by the Library Services was a big hit with participants who thoroughly the use of the Community Room.



## BOOKING INFORMATION

For hall bookings and information on opening hours, access to hall and rates please contact:  
Darren Sealy at [cccsportshub@waterfordcouncil.ie](mailto:cccsportshub@waterfordcouncil.ie)



For further information or if you have any questions in relation to the Sports Hub please feel free to contact:  
**Louise Barry, Hub Development Officer** on 0761 102619  
or email [lbarry@waterfordsportspartnership.ie](mailto:lbarry@waterfordsportspartnership.ie)



# CARRICKPHIERISH COMMUNITY SPORTS HUB - WHAT'S ON!

| TIME             | ACTIVITY  | COST/ AGE GROUP                    | CONTACT FOR BOOKINGS & INFO         |
|------------------|---|------------------------------------|-------------------------------------|
| <b>MONDAY</b>    |   |                                    |                                     |
| 6 - 7pm          | <b>Zumba Fitness</b> - A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.   | €5 per person                      | Lada Kotuličová<br>089 4929672      |
| 7 – 8pm          | <b>Step Aerobics</b> - A fun group class guaranteed to increase the heart rate and strengthen and tone your legs, finished off with a 10 minute abdominal workout. Step into 2018 the right way.  | €5 per person                      | Ken Browne<br>089 2374886           |
| 8 – 9pm          | Drop- in Soccer FAI & NSCYP   | €1 per person                      | Donna Ferris 086 6093130            |
| <b>TUESDAY</b>   |   |                                    |                                     |
| 5 - 6pm          | Roanmore GAA  | Underage                           |                                     |
| 6 - 7pm          | Waterford Vikings Basketball Club   | Boys U12 & 14   Girls U15          | Contact Ruth Sheehan<br>086 1246668 |
| 8 - 9pm          | Waterford Vikings Basketball Club   | Boys U16                           |                                     |
| <b>WEDNESDAY</b> |   |                                    |                                     |
| 6- 7pm           | Mount Sion Camogie Training   | Underage                           | Peter Walsh 087 1355359             |
| 7- 8pm           | <b>Women on the Move</b> - This programme aims to increase your physical activity levels, enhance your fitness levels, and encourage you to become more active, more often.   | 6 week programme €20.00            | Louise Barry<br>086 4650063         |
| 8- 9pm           | <b>Ken's Strength and Conditioning</b> - If you want to get fit and strong this class is for you. Incorporating different equipment and moves that will build the strength and definition you always wanted. Build a fitter and stronger you in 2018. | €5 per class                       | Ken Browne<br>089 2374886           |
| <b>THURSDAY</b>  |   |                                    |                                     |
| 2.30- 3.30 pm    | Afterschools Multi- Activity Sessions   | €1 per person                      | Donna Ferris 086 6093130            |
| 6- 7pm           | Waterford Vikings Basketball Club   | Club Match Time                    | Ruth Sheehan<br>086 1246668         |
| 7- 8pm           | Waterford Vikings Basketball Club   | Club Match Time                    |                                     |
| 8- 9pm           | Waterford Vikings Basketball Club   | Boys U16 (14 & 15 years old)       |                                     |
| 9 - 10pm         | Waterford Vikings Basketball Club   | Boys U18 (16 & 17 years old)       |                                     |
| <b>FRIDAY</b>    |   |                                    |                                     |
| 4.30- 5.30 pm    | Teenage Girls Fitness   | €1 per session                     | Louise Barry 086 4650063            |
| 6.30- 8.30 pm    | Déise Dragons Sports Club   | Contact for more information       | Pauline Cunningham<br>0761 10 2683  |
| <b>SATURDAY</b>  |   |                                    |                                     |
| 9.30- 10.30 am   | Ceili Dancing   | Contact for more information       | Mary Scanlon 086 8514922            |
| 10.30- 12pm      | Irish Dancing   | Contact for more information       |                                     |
| 12 - 1pm         | Waterford Vikings Basketball Club   | Girls U15 (13 & 14 years old)      | Contact Ruth Sheehan<br>086 1246668 |
| 1 - 2pm          | Waterford Vikings Basketball Club   | Boys U12 (10 & 11 years old)       |                                     |
| 2 -3pm           | Waterford Vikings Basketball Club   | Girls and Boys Academy (7- 10 yrs) |                                     |
| 3 - 4pm          | Waterford Vikings Basketball Club   | Boys U14 (12 & 13 years old)       |                                     |
| 4 - 5pm          | Waterford Vikings Basketball Club   | Boys U18 (16 & 17 years old)       |                                     |
| 5 - 6pm          | Waterford Vikings Basketball Club   | Boys U18 (16 & 17 years old)       |                                     |

*Our timetable will continue to be updated...*

PLEASE LIKE the Carrickphierish Community Campus Facebook Page where you can keep up to date with upcoming events and activities.



LIKE US ON FACEBOOK!

## Gym Education Programme

### TREO Dungarvan

Five members from TREO Dungarvan took part in a 4 week Gym Education programme facilitated by Bio-Active Gym in Dungarvan. The aim of the programme was to show the boys how to use the gym equipment safely and what exercises are required for each body part. TREO Dungarvan recently secured funding for Gym membership so the boys can continue with their training in the Gym. Well done guys!!



## Basketball - St. Paul's National School

Two 4th classes from St. Paul's National School recently completed a five week Basketball programme. Facilitated by their School Completion Programme workers and volunteers, the activity focused on basic Basketball skills such as dribbling, passing and shooting. A number of fun games were also introduced into the sessions. It was the first time that most of the students had ever tried Basketball, so well done guys!!!



## Re-engaging programme – NSCYP

Three members from Northern Suburbs Community Youth Project registered with our Re-engaging Programme. This programme assists with young people in getting back into in sport/physical activity. As a result, the boys are now members of Saviours Crystal Boxing Club. Well done boys. They are certainly putting the work in!



## Basketball

### St. Paul's Community College

St. Paul's Community College entered two boys, teams (U-16 and U-19) into the schools league for the first time in a number of years. We assisted the P.E. teacher in organising Basketball training sessions and drills. Great to see such interest amongst the students in being given the opportunity to represent their school in sport.



## Boxing Fitness HSE

A group of young people took part in a HSE funded Boxing Programme in St. Paul's Boxing Club. Facilitated by local Boxing coach Seamus Cowman, the four week programme covered the basics such as a warm up, fitness training, bag work, pad work and circuit training. Great to see the improvements made over the four weeks. Well done guys.

For further information on Boxing programmes, please contact Brian O'Neill, Youth Sports Development Officer on 086-0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)



## LEARN TO SWIM PROGRAMME

For further information on swimming lessons for beginners, contact Brian O'Neill, Youth Sports Development Officer on 086-0201219 or

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

## Zumba Dance

Over one hundred students from St. Saviour's National School took part in Zumba Dance - an activity that caters for all young people, regardless of skill or fitness levels. Each session lasted for 35 minutes. As a result, further Zumba Dance sessions are now planned in the school.

Well done guys! Great to see all the students getting involved and enjoying the activity so much!



## Active Body Active Mind - Certificate Presentation

Well done to the participants who completed the Active Body Active Mind Programme an initiative run in partnership with TReO. This 11 week Health Related Fitness Programme is an accredited QQI Award, including two minor QQI awards in Health Related fitness and Personal Effectiveness. To gain this award, participants covered a number of topics such as anatomy and physiology, lifestyle habits, communication, benefits of exercise, team building, session planning, active leadership and nutrition. They also took part and wrote up a log of a number of activities they took part in such as Soccer, Boxing, Aerobics, Spinning Class, Rugby, Surfing, Tennis, Muay Thai, Circuit Training and Yoga. Well done to all involved!





### Tag Rugby - St. Saviour's National School

Waterford City Rugby Club and Munster Rugby delivered a four week Rugby programme to sixty students from St. Saviours National School. The programme covered the basic skills of how to handle, pass and catch the Rugby ball correctly. Most of the programme was 'games based' as opposed to running a number of drills. The final session concluded with a Blitz consisting of eight teams. Thanks to Munster Rugby and Waterford City Rugby Club for delivering an excellent fun programme. The Club also presented two free training passes to the each student that allows them to attend club training sessions at Waterford City Rugby.



### Rugby Coaches Workshop

Seventeen coaches from Waterford City Rugby club attended an age-grade workshop, aimed at improving attacking play. Facilitated by Munster Rugby Development Officer John O'Neill, the workshop identified key factors coaches should implement when working on certain aspects of the game. John focused on areas of the game such as ball carrying, presentation of the ball, catching and passing. Thanks to the U14 Team from Waterford City Rugby Club who took part for demonstrational purposes and also to Munster Rugby for delivering an excellent, informative workshop.

### Gym Education Programme

#### Manor St. John

Seven Members from the Local Training Initiative (LTI) in Manor St. John completed a five week Gym Education in Kingfisher Leisure Club. Facilitated by Kingfisher Leisure Club, the boys and girls were shown how to use the machines and equipment correctly. The tutor also designed individual gym programmes for each person, so that they can continue with their gym visits when the programme finished. Thanks to Kingfisher Leisure Club for facilitating this programme in their excellent facilities.



### StartBox Programme - St. Saviours National School

We recently introduced two StartBox programmes, one for girls and one for boys from 6<sup>th</sup>/5<sup>th</sup> classes in St. Saviour's National School Ballybeg. Facilitated by Saviour's Crystal Boxing Club, the aim of the Startbox programme is to increase physical fitness amongst the students, as well introducing them to the sport of Boxing in a fun, enjoyable and safe environment. The programme covered all areas of Boxing such as shadow boxing, pad work, circuits and fun games. All sessions began with a warm up and concluded with a cool down including stretching. Special thanks to Dick and Steven from Saviour's Crystal Boxing Club for delivering an excellent, fun activity and for presenting the boys and girls with free training passes to the Club.



### YOUTH COACHING FUND

The Youth Coaching Fund, set up by the Youth Sports Development Officer, supports club volunteers in gaining a coaching accreditation that will permit them to coach underage teams. Funding is now available for young people who wish to get involved in coaching. Participants must be over 16 years of age and their club must be affiliated to an NGB.

For further information contact: Brian O' Neill on 086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

### EQUIPMENT - FREE HIRE

Waterford Sports Partnership has a range of sports equipment such as surf boards, volleyball, soccer packs, basketball, rugby packs and pitch & putt clubs available for hire, free of charge.

For more information contact Brian O'Neill on 086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie)

### Re-engaging Programme

This programme works by means of a referral process. If you are aged between 16yrs and 23yrs and have disengaged from sport and physical activity for whatever reason or you know someone that may fit into that bracket then this is for you. Over the past few years we have received many referrals from young adults, parents and youth workers enabling the YSDO to make contact with the young people that are hoping to once again or for the first time get involved in a local club to participate in the sport or simply volunteer.

For further information on this programme please contact Brian O'Neill on 086 0201219 or [boneill@waterfordsportspartnership.ie](mailto:boneill@waterfordsportspartnership.ie).

## USEFUL NGB CONTACTS

| NGB  | CONTACT                           | PHONE                      | EMAIL  | WEBSITE   |
|--|-----------------------------------|----------------------------|--|---|
| Athletics Ireland                                | Colin Byrne                       | 087 0632326                | colinbyrne@athleticsireland.ie                                 | www.athleticsireland.ie                                 |
| Association of Irish Powerchair Football         | Donal Byrne                       | 087 4117911                | donal.byrne@cheshire.ie  |   |
| Badminton Ireland                                | Ficha Andrews                     | 01 8393028                 | fandrews@badmintonireland.ie                                   | www.badmintonireland.ie                                 |
| Basketball Ireland                               | Jason Killeen                     | 0857610665                 | jkilleen@basketballireland.ie                                  | www.basketballireland.ie                                |
| Camogie Association                              | Stuart Reid                       | 086 7961858                | stuart.reid@camogie.ie   | www.camogie.ie  |
| Confederation of Golf in Ireland                 | Carton Demesne                    | 01 505 2075                | info@cgigold.org   | www.cgigolf.ie  |
| Cricket Ireland                                  | Jim Doran                         | 086 8169667                | jjim.doran@cricketireland.ie                                   | www.cricketireland.ie                                   |
| Cycling Ireland                                  | Rachel Ormrod<br>Heather Boyle    | 086 7802937<br>086 0211146 | rachel@cyclingireland.ie<br>heather@cyclingireland.ie          | www.cyclingireland.ie                                   |
| Down Syndrome Waterford                          |                                   | 087 6057069                | info@dsiwaterford.ie   | www.dsiwaterford.ie                                     |
| Football Association of Ireland                  | Gary Power<br>Michael Looby       | 086 3883850<br>087 0508623 | gary.power@fai.ie<br>michael.looby@fai.ie                      | www.fai.ie  |
| Gymnastics Ireland                               | Garrett Buckley                   | 01 6251125                 | garrett@gymnasticsireland.com                                  | www.gymnasticsireland.ie                                |
| Gaelic Athletic Association                      | Eoin Breathnach                   | 087 9219345                | eoin.breathnach@games.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                       | John O'Neill<br>Amanda Greensmith | 086 8207752<br>086 0218320 | johnoneill@munsterrugby.ie<br>amandagreensmith@munsterrugby.ie | www.irfu.ie<br>www.munsterrugby.ie                      |
| Irish Sailing Association                        | Sarah Louise Rossiter             | 087 9390488                | sl.rossiter@sailing.ie   | www.sailing.ie  |
| Irish Water Safety                               | Corraire Power<br>O'Mahony        | 051 849731                 | waterfordwsac@gmail.com  | www.iws.ie  |
| Irish Wheelchair Association                     | Joanne Wall                       | 085 8595049                | joanne.wall@iwa.ie   | www.iwa.ie  |
| Ladies Gaelic Football                           | Mary Halvey<br>Ciara Dunphy       | 087 2520550<br>086 2486708 | secretary@munsterladiesgaelic.ie<br>dunphyciara21@live.ie      | www.ladiesgaelic.ie                                     |
| Olympic Handball                                 |                                   | 01 625 1165                | ioha@olympichandball.org                                       | www.olympichandball.org                                 |
| Orienteering Ireland                             | Andrew Cox                        | 087 2229677<br>051 860232  | development@orienteering.ie                                    | www.orienteering.ie<br>waterfordorienteurs.blogspot.com |
| 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                                   | Lucy Pentova                      | 085 7331528                | Lucy.rdo@gmail.com   | www.tennisireland.ie<br>www.munstertennis.com           |
| Triathlon Ireland                                | Anna Grealish                     |                            | anna@triathlonireland.com                                      | www.triathlonireland.com                                |
| Vision Sports Ireland                            | Rahim Nazarli                     | 085 8500193                | sports@visionsports.ie   | www.visionsports.ie                                     |
| Volleyball Association of Ireland                | Conor Flood                       | 087 0997659                | cdo@volleyballireland.com                                      | www.volleyballireland.ie                                |
| Waterford Autism Social and Sport Action (WASSA) | Suzanne O'Mahony                  | 086 6637055                | contact@wassa.ie   | www.wassa.ie  |
| Weightlifting Ireland                            | Colin Buckley                     | 086 2577875                | colinbuckley37@gmail.com                                       | www.weightliftingireland.com                            |



### WATERFORD SPORTS PARTNERSHIP

Civic Offices, Dungarvan, Co. Waterford | 0761 10 2194

Regional Sports Centre, Cork Road, Waterford | 0761 10 2619

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