



# 'Everyone Active'

the newsletter of Waterford Sports Partnership

Issue 4

January 2006

## Wishing you an active New Year!!!

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## A lot done... and more to do!

*a message from the WSP team*

2005 was a very productive year for Waterford Sports Partnership. The Buntús Programme for Primary Schools has now been delivered to all 78 Primary Schools in Waterford. WSP courses such as SAQ, First Aid and Child Welfare were all very well attended and very well received by all participants. WSP also ran some exciting new courses/seminars such as the Media/Sponsorship/PR Seminar and Drugs Awareness. The Older Adults Festival and the Tall Ships crew activities were also a great success.

2006, a new year and new opportunities for Waterford Sports Partnership in our mission to get Waterford more active, to support sporting volunteers and to improve opportunities for participation. Our focus for 2006 will include the development of a Club Development Programme, Buntús Start for the Pre-School sector, Facilities Audit, celebrating sports volunteers, strengthening NGB, School & Club linkages.

We would like to wish all our readers a happy & active new year and take this opportunity to encourage you to contact Waterford Sports Partnership with your ideas, opinions, suggestions and comments.

*Yours in sport*  
Valerie, Jacqui, Karen & Rosarie



**Local Sports Club representatives who completed the REC2 Emergency First Aid Course in Tramore in October 2005. Just one of the many courses that WSP will be running in 2006. Check out the Calendar of Courses & Events (on the back page) for more information or visit our website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)**



## WOMEN IN SPORT INITIATIVE Physically Active Mums —The PAMs Programme



The PAMs (Physically Active Mums) Programme was developed to offer busy mums some opportunities for physical recreation in a friendly, non-intimidating and motivational environment. The six week programme was piloted in Dungarvan with the Spirit Free Community Playgroup. Each week the mums participated in Pilates classes and enjoyed interesting talks from Susan Scully, Health Promotion Officer and Dr. Ann Marie Tully, Dietician from the HSE who spoke to the group about the importance of exercise and a balanced diet. The children then joined their mums for some fun exercises and games from the Childsplay programme.

*At the end of the programme the group were far more aware of the benefits of participation in sport and active recreation for themselves and for their children. Some feedback from the group included comments like; 'I really was dreading this, but now that I have taken part I really enjoy it and look forward to it every week, I have also gone on a few walks with my children'; 'The programme gave me some time-out from the children, and made me focus on myself for a change'; 'I am really enjoying myself and it is not as hard as I thought it would be'*

Waterford Sports Partnership in conjunction with Waterford City & County Childcare Committees and the Health Promotion Unit of the Health Executive received funding under Women in Sport Programme from the Irish Sports Council for the PAMs programme. It is planned to run the programme in Waterford City this year.

## DRUG AWARENESS & INFORMATION WORKSHOP

Waterford Sports Partnership ran a 5-hour Drug Awareness & Information Workshop in Dungarvan in November. The Workshop was presented by Andy Hargreaves, Drugs Education Officer, Waterford Misuse Substance Team and Paul Mullins, Community Drugs Worker, Waterford Regional Youth Service.



The workshop aims to increase awareness around drugs (including alcohol & tobacco) and to help to create and maintain a safe and drug free environment for people within sports clubs.

**This Workshop will be run again in February 2006 in Waterford** (see calendar on back page for details)

## One Lap Challenge



Waterford Sports Partnership, under the 2004 Special Participation Project Programme, sponsored the One Lap Challenge at St. Augustine's College which was organised and run by West Waterford Athletic Club on Tuesday evenings in September/October.



An average of 80-100 novice walkers/joggers/runners of all ages took part each evening and the initiative proved to be a great success. The key messages were fun and participation.



## Media/PR/Sponsorship Seminar

Waterford Sports Partnership hosted a Media/Sponsorship/PR Seminar for sports clubs at the Ramada Hotel Waterford. The area of Sponsorship was first up on the agenda and this was addressed with great expertise by Mr. J.J. Killian, founder and Managing Director of Flancare (Clonmel) and a driving force behind the development of Clonmel Rugby Club. J.J. Killian urged clubs looking for sponsorship 'to look within the club itself first, there could be a sponsor there' he also repeatedly stressed throughout his most informative and practical presentation, the importance of having a plan, in writing; 'every club should have a plan & stick to it'.

Next to speak was Cllr. Mary Roche, Waterford City Council and a board member of Waterford Sports Partnership. Cllr. Roche spoke about public relations and the Role of the Club PRO. She spoke about the importance of nominating a PRO & picking the right person for the job. Cllr. Roche also gave some great tips for dealing with the media, preparing press releases, getting good PR and the importance of the image of a club and how that image is communicated.

Finally, WLR fm sports editor Catherine Power and board member of Waterford Sports Partnership gave everyone present a great insight into her busy job and her passion for local sport. Catherine's big message on the night was 'let us know when your fixture/event is on and follow up with results, if we don't know it's on, how can we give it coverage'. Catherine stressed the importance of making contact with the media and building up a relationship.

A question and answer session followed and John O'Connor, Sports Editor with the Munster Express and Ger Loughton Sports Editor with the Waterford News & Star joined the panel and answered questions from the floor covering a range of issues. The seminar was very well received and feedback included; 'top class speakers, very informative evening', 'great to see the Sports Partnership addressing this whole area', 'every club should attend a seminar like this'.

**RESOURCES FROM THIS SEMINAR ARE AVAILABLE IN THE USEFUL PUBLICATIONS SECTION OF OUR WEBSITE**



## CHALLENGE FUNDING PROJECT

Waterford Sports Partnership secured challenge funding from the Irish Sports Council to assist West Waterford Athletic Club in producing a Handbook on Running Leagues. This follows from the huge success and impact of the West Waterford Athletic Club Winter Running League and the interest at national level in the expansion of this mass participation initiative.

The Booklet was launched by John Treacy, Chief Executive of the Irish Sports Council, at the Dublin City Marathon Expo in the RDS on 30th October 2005.

RTE's Nationwide also filmed the league in action and the programme was aired on January 9th 2006.

## GO FOR LIFE GRANTS €9,200 for 14 Waterford Older Adult Groups

On December 12<sup>th</sup> 2004, Minister John O'Donoghue announced €9,200 in Sports Grants for 14 older adult groups in Waterford as part the Go for Life national grant scheme for sport and physical activity for older people which aims to help local clubs and organisations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities. The following Waterford older adults groups were successful under the 2005 National Grant Scheme:

Alzheimer Society of Ireland	€600
Waterford Branch	€500
Ballymacarby ICA	€500
Clonea Rathgormack ICA	€500
Comeragh ARA	€600
Dolmen ARA	€600
Friends of Assisi House	€500
Kilrossanty ARG	€500
Le Cheile Probus Club Dungarvan	€600
Sacred Heart Active Retired	€600
Slieverue & District ARA	€600
St Joseph's Hospital Dungarvan	€500
Tramore & District ARA	€600
Tramore ICA	€500; Waterford ARA
Waterford Sports Partnership	€1500

The scheme is administered by the Go for Life Steering Committee - the National Programme for Sport and Physical Activity for Older People. Developed by the Irish Sports Council and Age & Opportunity, Go for Life is a broad national programme which aims to involve more older adults in all aspects of physical activity more often - not only participating but also planning and leading.

The National Grant Scheme for Sport and Physical for Older People is advertised annually every autumn and the staff of Waterford Sports Partnership are available to assist clubs and organisations with applications.

**For further information please see our website or contact the Waterford Sports Partnership Office on 058-21191 or 051-849855.**

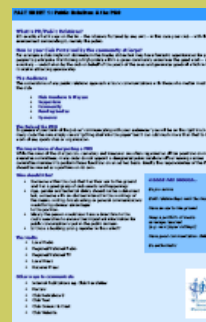
## Useful Publications available on our Website



Playground Markings Booklet



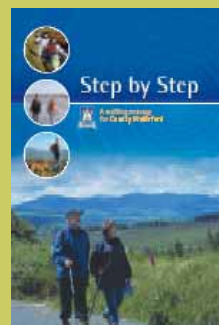
Walking Bus Start-up Pack



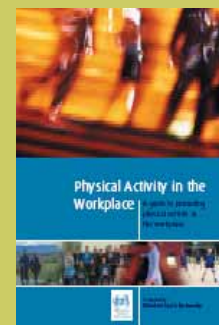
PR/Media Factsheets

Media Outlet	Contact Name	Phone	Email	Website
RTÉ	...	...	...	...
RTÉ 2	...	...	...	...
RTÉ 4	...	...	...	...
RTÉ News	...	...	...	...
RTÉ Today	...	...	...	...
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Waterford Media Contacts



Waterford Walking Strategy



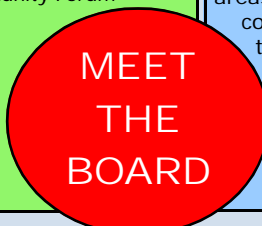
Workplace Activity Pack

Check out our website  
[www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)  
to download these publications



- Cllr. John Carey**  
Waterford County Council
- Cllr. Mary Roche**  
Waterford City Council
- Brian White**  
Waterford County Development Board
- Colette Byrne**  
Waterford City Development Board
- Paddy Lavelle**  
County Waterford VEC
- Michael Kirwan**  
City of Waterford VEC
- Susan Scully**  
Health Service Executive South East
- Jim Power**  
FAS
- Sgt. Coleman Hogan**  
An Garda Síochána
- Rosie Donnelly**  
Waterford Institute of Technology
- Eoin O'Neill**  
Waterford Regional Youth Service
- Gail O'Sullivan**  
Foroige
- Tom Power**  
Waterford Network PWDI
- Andrew Cox**  
County Waterford Community Forum
- Michael Power**  
Waterford Leader Partnership
- Joe Stokes**  
Waterford Area Partnership
- Fr. Pat Moran**  
St. Augustine's College Dungarvan
- Catherine Power**  
WLR FM
- Sean Kelly**  
Honorary Member
- Margaret Cunningham**  
Villierstown National School
- Ray Ryan**  
Waterford City Community Forum
- Eamon Cleary**  
Sports Representative
- John McLoughlin**  
Sports Representative

**Paddy Lavelle** has been Chairman of the Waterford Sports Partnership since the Board was instituted in 2002. As Chief Executive Officer of County Waterford Vocational Education Committee, his role has been to support the development of physical activity in the county through education and training. The VECs in the City and County gave grants to sports clubs and groups for many years before the Sports Partnership was set up. They continue to support the strategy to develop sports and all physical activity so that Waterford becomes a model for others to follow. Paddy believes that the partnership model, unique to Waterford crossing the city and county boundaries, makes sense and will strengthen the local sports community. It is a model supported by the VEC which is involved with partners in many of its areas of operation. He is conscious of the need to ensure that more clubs and activity conscious people become partners in developing opportunities for people to increase their own participation in sport and physical activity.



**Calendar of Upcoming Courses and Events 2006**

Date	Course/Event	Time	Venue
Saturday January 14th	Tracksuit Saturday	11.00 — 15.00	Bros. of Charity, Waterford
Friday January 20th	Deadline for Sports Capital Grant Applications	17.00	
Tuesday 31st January	Child Welfare & Protection Training	18.00 — 22.00	City Hall, Waterford
Monday 6th & 13th February	Drug Awareness & Information Workshop	19.00 — 21.30	City Hall, Waterford
Thursday February 9th	Launch of Waterford Camogie Blitz	19.30	WIT
Wednesday 15th February	Buntus — New Teacher Training	12.30 — 15.30	Waterpark National School
Sat 25th & Sun 26th February	REC 2 — First Aid Course	09.30 — 17.00	Confederation House, Lismore
Fri 3rd, Sat 4th & Sun 5th March	Sli na Sláinte Training	All Day	Cork
Monday 6th March	Fundraising Seminar	19.30	Civic Offices, Tramore
Monday 20th March	Go for Life Workshop — Basic Principles	10.00 — 15.30	Rainbow Hall, Kilmacthomas
Monday 27th March	Go for Life Workshop — Sit Fit	10.00 — 15.30	Rainbow Hall, Kilmacthomas
Monday 3rd April	Go for Life Workshop — Better Balance	10.00 — 15.30	Rainbow Hall, Kilmacthomas
Tuesday 4th April	Child Welfare & Protection Training	18.00 — 22.00	Civic Offices, Dungarvan
Monday 10th April	Go for Life Workshop — Rolling & Bowling	10.00 — 15.30	To Be Confirmed
Fri 28th, Sat 29th & Sun 30th April	Slí na Sláinte — Walking Leader Training	All Day	Maynooth
Fri 19th, Sat 20th. & Sun 21st May	Slí na Sláinte — Walking Leader Training	All Day	Limerick

**PLEASE CHECK OUT THE WEBSITE OR CONTACT THE OFFICE FOR MORE INFORMATION.  
ALL COURSES ARE SUBSIDISED BY WSP, COURSES MUST BE BOOKED IN ADVANCE**

**COACHING CORNER**



**Kickstart 1**  
Friday 3rd & Sunday 5th February, Tramore  
CONTACT: Darren Murray 087 637 8742

**Goalkeepers Course**  
Saturday 13th May, Tallow  
CONTACT: Michael Looby 087 050 8623



**Badminton — Foundation & Level 1**  
For Information on upcoming Courses  
CONTACT: Brenda Barry 087 641 2760



For Information on upcoming Courses  
CONTACT:  
Mark Hickey  
086 601 1729



**GAA Coaching Courses for Waterford**  
4 **Foundation** Level GAA courses planned for first quarter of '06  
2 **Level 1** courses planned for February '06 —dates & venues to be confirmed

For more information  
CONTACT:  
**Eoin Breathnach 086 601 1729**

**CALLING ALL SPORTS**  
To Advertise your coaching courses in the next issue of our Newsletter or on our website please contact the WSP office.

**CONTACT US**

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Dungarvan, Co. Waterford  
Tel: (058) 21192  
Fax: (058) 23110

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website:  
www.waterfordsportspartnership.ie



**CONTACT US**

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