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Your Voice, Your Outdoors: Shaping Waterford's Recreation Future

Progress is being made on the development of a new Outdoor Recreation plan for Waterford and you'll have an opportunity to have your say in January 2025.

See Page 13 and keep an eye on our socials for more info!

Sports Inclusion & Disability Awareness Training

On Tuesday, 29th October, we hosted a Sports Inclusion & Disability Awareness training session for Waterford GAA Coaching and Games Development Officers. This workshop, certified by Active Disability Ireland, aims to promote greater understanding of disability while providing practical guidance for creating inclusive sports environments.



The 90-minute session is designed to equip coaches and leaders with the knowledge and tools to adapt their activities and make sport and physical activity more accessible for all. Topics covered included:

- **Understanding Disability:** Exploring different types of disabilities and their impact on participation.
- **Perceptions:** Challenging assumptions and breaking down barriers to inclusion.
- **Communication:** Practical tips for effective interaction with people with disabilities.
- **Inclusion in Practice:** Strategies for adapting sessions to meet diverse needs.

Feedback from participants highlighted the value of the training, especially for coaches working directly with children and young people with disabilities. Attendees praised the hands-on approach, which included real-life scenarios and practical demonstrations to help them better understand the challenges faced by individuals with disabilities. Coaches noted that they left the session feeling more confident in their ability to foster inclusive environments and to communicate effectively with all participants, regardless of ability.

Online Sports Inclusion & Disability Awareness Workshop

For those who can't attend in-person training, we also offer an online version of the Sports Inclusion & Disability Awareness workshop. This course is tailored for coaches, club leaders, teachers, and volunteers, and provides the same invaluable insights into promoting inclusivity in sport. Upon completion, participants receive an Active Disability Ireland Certificate of Participation, endorsed by Sport Ireland.

Whether you're new to working with individuals with disabilities or looking to deepen your understanding, this workshop is an excellent opportunity to enhance your skills and make a difference in your community.

For more information on attending either the in-person or online training, please contact Pauline Casey: 086 783 7385 | pcasey@waterfordsportspartnership.ie.

MEET THE WSP TEAM

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

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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 with various community-based organisations to develop targeted initiatives to promote the participation of young people, older adults, men, women, teenage girls, people with a disability, jobseekers and the general public in sport and physical activity. They also support local sports clubs and coaches, with a particular focus on training and education.

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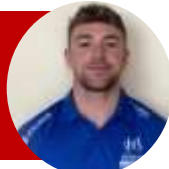
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Dungarvan Office:

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

Waterford Office:

Regional Sports Centre, Cork Road, Waterford.

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

In partnership with National Governing Bodies (NGBs) and local clubs, we offer a wide range of activities to local schools to provide a sustainable pathway for young people to stay active. Here is a summary of the activities that took place in the last few months.



Balance Bike Programme

Our Balance Bike Programme is designed to enhance the physical literacy of young children by introducing them to balance bikes. Since September, several schools have participated in the programme, including Waterpark N.S., Ballycurrane N.S., The Mercy School, Clashmore N.S., St. Mary's Boys N.S. in Ferrybank, and Modeligo N.S. Each school had access to 15 bikes and 15 helmets for a three-week period. To support the teachers, we provided online videos demonstrating key skills such as striding, gliding, and turning.

TEACHER FEEDBACK: *'Many thanks for letting us have the balance bikes. The children absolutely loved them.'*

Online Skipping Programme

Skipping is a terrific form of exercise that helps a child's agility, hand-eye co-ordination and balance, and can increase speed through footwork. It teaches children about rhythm and encourages them to have confidence in their sporting ability. And when put into team routines, it provides them with teamwork skills. It is a great way to exercise and maintain good health while having lots of fun. 30 students from Bunscoil Bhóthar na Naomh, Lismore availed of this programme. Links to online tutorial videos were emailed to the school, enabling the teachers to teach the students how to skip safely and correctly.



CYCLE RIGHT Programme

CYCLE RIGHT is the national standard for cycle safety training. It provides practical safety and skills training to promote competent and confident cyclists. In partnership with Cycling Ireland, WSP delivered six 60-minute sessions to Knockanore N.S., Ballycurrane N.S. and Scoil Gharbháin. In total, 95 children took part. The programme was delivered by WSP Cycle Right tutors Declan Kelly and Aisling Cullen. The first four sessions were delivered on a suitable area in the school grounds. The last two sessions were delivered on the road. The students also got a chance to try out some adaptive bikes at the final session.

TEACHER FEEDBACK

'A heartfelt thanks to Declan & Aisling for 6 excellent weeks of cycling lessons for 3rd & 4th class. We had 3 children who couldn't cycle, along with a couple more who were not confident. Declan & Aisling encouraged these children and by week 3, they were all cycling independently, which was fantastic. They really enjoyed the challenge of signalling each week. And of course they had a ball on week 6, when Declan brought many 'fun bikes' for the children to enjoy. Again, a big thanks; there was lots of learning for the children.'



Badminton Programme

We teamed up with the Waterford Badminton Association to deliver a fantastic 4-week coaching programme for primary school students in 3rd to 6th class. Schools that participated included Glór na Mara N.S., Christ Church N.S., Knockanore N.S., St. Anne's (Seafield) N.S., and Rathgormack N.S.

Each school enjoyed four 90-minute sessions led by expert coaches Martin Walsh from Kilmacthomas Badminton Club and Callum Thomas and Trish Gallaher from Lady Lane Badminton Club.

TEACHER FEEDBACK

'The coach was absolutely fantastic. The children loved it, and we would highly recommend it.'

'We noticed that children who didn't excel at field sports really thrived in badminton - and they enjoyed it so much!'



Leaders of the Future – Shuttle Time

Teachers from Clashmore N.S., Holycross N.S., Ballymacarbry N.S., Our Lady of Mercy N.S., Waterford Educate Together, Scoil Náisiúnta na Rinne, St. Mary's Primary School, Bunscoil Bhóthar na Naomh, and St. Michael's N.S. Ballyduff Upper recently participated in Badminton Ireland's *Leaders of the Future Shuttle Time* course at Dungarvan Sports Centre.

The course was expertly delivered by Tony Robinson, a highly skilled coach from Badminton Ireland. *Shuttle Time* equips school teachers with free resources, training, and equipment, enabling them to deliver safe, inclusive, and enjoyable badminton activities for children aged 5–15.



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



Walk for Life

Over five weeks in October, we ran our Autumn *Walk for Life* series for older adults, exploring the beautiful trails of Crough Woods, Glenshelane Woods, Waterford Nature Park, Tramore, and the Dunmore East Cliff Walk. The walks were thoroughly enjoyed by all, and the tea, coffee, and scones at the end of each session were the perfect way to round off the day. We're already looking forward to seeing everyone again in 2025 for more adventures and camaraderie.



Go For Life Games – 4-Week Programme

In the autumn, we delivered a 4-week *Go For Life Games* programme in Waterford City and Cappoquin, led by tutors Declan Kelly and Mark Landers, along with a taster session at Kilmacthomas Day Centre led by Sara Clooney. Between 10 and 20 people took part in each location. The programme focused on fun throwing and target games such as Flisk, Cornhole, Scidils, and Balloon Badminton, all designed to improve balance, coordination, and agility. Each engaging session was filled with plenty of laughter and friendly competition, creating a welcoming environment for everyone involved.



Go for Life Games Taster

In September, eight participants from the Manor Hill Project, St. Joseph's House got a chance to try out the *Go For Life Games* during a special taster session held in the centre which was facilitated by WSP Community Sports Development Officer, Jordan and Lauren, our Active Cities Officer. They played Boccia, Flisk, Cornhole, Scidils, and Balloon Badminton. The session was filled with laughter and enthusiasm as participants had great fun exploring the different games. Some even went on to join our 4-week programme in Cill Barra, showcasing their newfound love for these activities!

As part of a larger needs analysis carried out by the South East Technological University (SETU), Short Mat Bowling was identified as an activity that the St. Joseph's House residents would be interested in. After the successful completion of the taster session, there are plans in place to part-fund some bowling equipment for St. Joseph's through the Active Cities Waterford project. This will be a partnership approach with Waterford City & County Council.



Christmas Walk and Train Ride

On Tuesday 10th December, we hosted our much-anticipated Christmas Walk and Train Ride with Santa for people with disabilities and older adults. The event took place at the picturesque Waterford Suir Valley Railway in Kilmeaden, and we couldn't have asked for a more beautiful morning. The sun shone brightly, lifting spirits and setting the perfect festive scene.

The turnout was fantastic, with 100 people joining in for a day of fun, laughter, and festive cheer. It was heartwarming to see so many smiling faces as participants embraced the holiday spirit and connected with friends old and new. We kicked off the day with a delightful walk along the Waterford Greenway, where the crisp winter air added a refreshing touch to the morning. The scenic route, with its stunning views and peaceful surroundings, was enjoyed by all.

The excitement didn't stop there! After the walk, everyone boarded the enchanting Santa Train Ride. The magical journey brought out the inner child in everyone as Santa himself greeted passengers with warm smiles and holiday wishes. It was truly a sight to behold, with joy and laughter filling the air. To round off the day, we gathered for some much-needed refreshments. Tea, coffee, and freshly baked scones were served, providing a delicious and cosy end to a wonderful event. A big thank you to Waterford Suir Valley Railway for their hospitality and for ensuring that everyone left feeling warm, happy and full of festive spirit.



NOW BOOKING! Padel Tennis

We are teaming up with the Woodlands Leisure Centre to bring the new and growing sport of Padel Tennis to you. Under the guidance of our dedicated Padel Coach for three weeks, this 6-week programme will teach you the game of Padel and you'll reap the benefits of playing racket sports.

The programme, which is open to men and women aged over 55, starts on **Friday 7th February** and runs every Friday from **10-11am for six weeks**. Places are limited. €10pp | Book now on www.eventbrite.ie



Age Well Expo

On Tuesday 1st October, our Community Sports Development Officers, Jordan Kelly and Thomas Shaw-Hamilton, attended the *Age Well Expo* in the Park Hotel, Dungarvan. Thank you to Age Friendly Waterford, Healthy Waterford, Waterford City & County Council and UPMC Whitfield for hosting this excellent event. It was great to see and speak to so many people on the day as well as listening to some fantastic speakers.



What is Padel Tennis?

Padel Tennis is a racket sport like tennis, played on a smaller, enclosed court. It uses solid paddles instead of strung racquets, and a spongy tennis ball. The game can be played in singles or doubles, with the objective of hitting the ball over a net, ensuring it lands within the opponent's side of the court. Walls are part of the playing area, and players can use them to bounce the ball. The rules are a mix of tennis and platform tennis.

CHAIR YOGA

We are delighted that there are now a number of Chair Yoga classes being run by private facilitators across Waterford.

All facilitators welcome newcomers (subject to venue capacity).

This is a list of the opportunities we are currently aware of. It is not an exhaustive list and details may change.

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

LOCATION	VENUE	DETAILS	PLEASE CONTACT
Dungarvan	The Rehearsal Hub	Ongoing Thursdays @ 5.30 pm	Kiara on 087 2255222
Dungarvan	Dungarvan Rugby Club	Ongoing Mondays @ 10 am	Mark on 087 1620349
Dunhill	Dunhill Multi-Education Centre	Ongoing Thursdays @ 10 am	Saffron on 086 1589864
Lismore	Lismore Heritage Centre	Ongoing Fridays @ 2 pm	Mark on 087 1620349
Waterford City	Butler Community Centre	Ongoing Mondays @ 10 am	Gráinne on 087 6370502
Waterford City	Butler Community Centre	Ongoing Wednesdays @ 11 am	Anna on 087 2881173
Waterford City	SETU Arena	Ongoing Thursdays @ 1 pm	Lisa on 087 6558716
Tramore	Riverstown Community Centre	Ongoing Tuesdays @ 10 am	Saffron on 086 1589864

Activator Pole Programmes

In September, we coordinated several Activator Pole programmes across the county, offering participants an engaging way to stay active and improve their fitness. The first 6-week block started in Lismore with tutor Mark Landers. Sara Clooney then led two more 6-week blocks, one in the city and another in Tramore, while Kiara Murphy facilitated a programme in Dungarvan. Throughout the sessions, our skilled tutors guided participants on how to properly set up and use their Activator Poles and incorporate them into various walks, as well as demonstrating a range of exercises. With four locations and 40 participants in total, the programme was a great success in helping people stay active, learn new skills, and enjoy the benefits of walking and exercise. We will be running more Activator Pole Programmes in the Spring.



NOW Booking! Activator Pole Programme

@ the New Fitsticks Trail at SETU Arena | Carriganore

A Fitsticks Trail is being launched at SETU Arena in February. On the day we will start a four week Activator Pole Programme.

Details are as follows . . .

Over 55's | Four Week Activator Pole Programme
Wednesday 19th February to Wednesday 12th March | 12:15 – 1:15pm
SETU Arena Carriganore
Free Programme | Book now on www.eventbrite.ie

Please see page 22 for more info on the new Fitsticks Trail at SETU Arena.

Activator Pole Borrow Scheme

In 2022, we launched the *Activator Pole Borrow Scheme* in partnership initially with four libraries: **Lismore, Dungarvan, Kilmacthomas and Ardkeen.**

Poles are now also available to borrow from the following three libraries: **Carrickphierish, Central and Tramore.** The poles are free to borrow for anyone who is a library member. The feedback from the libraries is that the individuals already using the poles are finding massive benefits and are getting more active.

FREE

Find out more on our website
www.waterfordsportspartnership.ie



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

Women on the Move

Our *Women on the Move* (WOM) programme, which ran from October to December, saw 44 women take part in an 8-week fitness journey. Running in both Dungarvan and Waterford, the programme emphasised personal accountability, empowering participants to take charge of their own fitness goals.

The women were assessed on key fitness metrics, including:

- **Wall Sit:** How long they could hold the position.
- **Plank:** Duration they could maintain.
- **Press-Ups:** The total number completed.
- **500m Walk/Run:** Their completion time.

Each participant's scores were recorded at the start (Week 1) and again at the end (Week 8), showcasing their progress and hard work over the course of the programme. Incredible effort all around - well done to all who participated! A huge thanks to our tutors Jess, Aoife and Stephen for helping the women to reach their goals.

For more information, please contact Thomas on 086 206 1083 tshawhamilton@waterfordsportspartnership.ie



RESULTS

80% of the women improved their wall sit duration.
90% of the women improved their plank duration.
95% of the women improved their press-ups.
60% of the women improved their 500m run/walk time.

PARTICIPANT FEEDBACK

'It was fantastic, a great mix of indoor and outdoor exercises. I looked forward to it every week.'
'Always challenging but it never felt too difficult. The two girls were great.'
'It was my first time using gym equipment and weights. I loved the programme and attended every night. I even came back from holidays early for the last night!'

Men on the Move

Our *Men on the Move* (MOM) programme, which ran from October to December, welcomed 28 participants for an 8-week fitness journey, with sessions held in both Dungarvan and Ballygunner. The programme focused on personal accountability, encouraging each man to take ownership of his fitness goals. Participants were assessed at the start (Week 1) and end (Week 8) to measure progress across a range of exercises. These pre- and post-programme scores highlighted the remarkable improvements made over the course of the sessions. A staggering 100% of participants who attended both the first and final sessions showed improvement in every exercise! A huge thanks to our amazing tutors – Jess, Aoife, and Stephen – for their guidance and support in helping the men achieve their goals. Well done, everyone!

Men on the Move is back this January!

Check out www.eventbrite for more info or contact Thomas on 086 206 1083 tshawhamilton@waterfordsportspartnership.ie



PARTICIPANT FEEDBACK

'The variety of exercises was great. Stephen knew when to push us and there was always a high level of intensity. I felt myself get fitter and stronger each week.' *'Great mixture of indoor and outdoor training. I really felt my fitness improve over the 8 weeks.'*



NEW FOR 2025 - Padel Tennis for Men

Join us at the Woodlands Leisure Centre to experience Padel Tennis, the exciting and fast-growing racquet sport! Under the guidance of a dedicated Padel coach, this 4-week programme will teach you the rules of the game and highlight the benefits of playing racquet sports. The programme kicks off on Tuesday 4th February and runs every Tuesday from 2–3pm for 4 weeks. Spaces are limited to just 8 participants, so book early to secure your spot!

Book now on www.eventbrite.ie | For more information, please contact Thomas on 086 206 1083 tshawhamilton@waterfordsportspartnership.ie

What is Padel Tennis?

Padel tennis is a racquet sport similar to tennis, but it's played on a smaller, enclosed court. Instead of strung racquets, players use solid paddles and a spongy tennis ball, with the aim of hitting the ball over the net and into your opponent's court. It can be played in singles or doubles. What makes padel unique? The walls are part of the game! Players can use them to bounce the ball, adding an exciting twist. The rules combine elements of tennis and platform tennis, making it fun and easy to learn.

Light Up Your Bike Campaign

In partnership with Active Travel, the Road Safety Authority, and Waterford City & County Council, we launched the 'Light Up Your Bike' campaign with four Dungarvan sports clubs in November. The campaign's simple aim was to keep club members who cycle to training safe as the evenings grow darker by promoting the use of hi-vis vests while cycling. The four clubs involved - Abbeyside AFC, Ballinroad FC, Abbeyside/Ballinacourty GAA, and Dungarvan RFC - each nominated a representative to act as the main contact. These contacts were tasked with sharing the key message with coaches, players, and parents: as the nights become darker, it's essential to BE BRIGHT, BE SAFE, AND BE SEEN.

Each club received a supply of hi-vis vests to distribute to their members, ensuring everyone had access to this important safety gear. In total, 100 hi-vis vests were provided to the clubs. Well done to all the clubs that took part!



Women's Traveller Programme

A 4-week programme was launched in Cill Barra Community Sports Centre to encourage Traveller women to get active and reap the rewards of an active lifestyle. The programme was a great success, with 5 women attending each week. We will look at the possibility of running a similar programme in 2025.



Junior Parkrun | Dungarvan

Every Sunday morning at 9:30 am, Walton Park in Abbeyside buzzes with excitement as children aged 4 to 14 gather for the Walton Park Junior Parkrun. Since its launch in August, the event has seen 219 children complete the 2km loop, cheered on by enthusiastic parents and supported by a team of thirty-nine dedicated local volunteers. This is Waterford's only junior Parkrun and one of just forty-one across Ireland. Each Sunday, children can run, jog, or walk the 2km course in a fun and friendly atmosphere.

Looking for a healthy, active way to kickstart your child's Sunday? Join us at Walton Park! If your child (aged 4-14) would like to participate, or if you are interested in volunteering, visit www.parkrun.ie/waltonpark-juniors/.

Social Cycle with Dungarvan Cycling Club (DCC)

We were delighted to team up with DCC on Sunday 6th October for a social cycle. We had five new participants take on a 58km route around Cappoquin and Lismore. Huge thanks to DCC for making this possible and ensuring the new cyclists were comfortable and safe on the road. The participants plan to join DCC in early 2025. For more information, please contact: Thomas on 086 206 1083 or email tshawhamilton@waterfordsportspartnership.ie



Connecting Communities Roadshow 2025

Following the success of the 2024 *Connecting Communities Roadshow*, we are delighted to be part of the working group for the 2025 Roadshow. The Roadshow is a collaboration between a range of organisations including Waterford City & County Council, Healthy Waterford, Waterford PPN, Waterford Community Safety Partnership, Waterford Leader Partnership, Waterford Volunteer Centre, WWETB, Local Link and many more. Seven events took place across the county between February and May 2024, with over 800 people attending. Plans are already well underway for the 2025 Roadshow:



Hillsfield Community Centre Ferrybank	Wednesday 12 th February 5.30 to 7.30 pm
Lisduggan Shopping Centre	Thursday 6 th March 12 to 3 pm
Tramore GAA Club	Wednesday 26 th March 5.30 to 7.30 pm
Rainbow Hall Kilmacthomas	Monday 7 th April 5.30 to 7.30 pm
Cappoquin Community Centre	Wed 30 th April 5.30 to 7.30 pm
St. Declan's Hall Ardmore	Wednesday 21 st May 5.30 to 7.30 pm

We look forward to seeing you there!

Presentation to SETU Students

Our Community Sports Development Officers, Jordan Kelly and Thomas Shaw-Hamilton, gave a presentation to first year Recreation and Sport Management students in SETU in November. The presentation gave the students an insight into the work of a Local Sports Partnership and examples of possible career paths that they could take. Thanks to SETU lecturer Jacinta Greene for inviting us to speak to the group.



Regional Sports Development Officer Meeting - Fingal

On Thursday 10th October, four members of the WSP team attended a Regional Local Sports Partnership meeting hosted by Fingal Local Sports Partnership (LSP) and Sport Ireland in the ALSAA Sports Centre in Dublin.

The morning consisted of some networking with colleagues from other Sports Partnerships as well as a short workshop on different programmes and initiatives and how to best engage different target groups, which was very beneficial.

We then finished off the day with a group bowling activity! It was LSP against LSP, and, we were delighted to have the skills of Seamus from Kilkenny Recreation and Sports Partnership on our team. We were delighted to come away with a prize, even if it was for the lowest score of the day! Thanks to the Fingal Sports Partnership team and Sport Ireland for organising such a great event.



Launch of Local Sports Plans Template Framework

We were delighted to attend the launch of the template framework for Local Sports Plans on Thursday 21st November at the Sport Ireland Campus. This is a great milestone for Sport Ireland and Local Authorities who have come together to develop guidelines for the development of Local Sports Plans in every county. We look forward to supporting and working with Waterford City & County Council in 2025 as they lead out on the development of a Local Sports Plan for Waterford.



First Aid Training

We were delighted to work with Seán from Mediforce again in September, as he delivered another fantastic REC 1 course in the Park Hotel, Dungarvan. Seven participants from different clubs and backgrounds attended the one-day course and all said they learned valuable skills and thoroughly enjoyed it. In November, Clodagh and Keith from Basic First Aid Solutions delivered a 1-day Basic First Aid course in the Rainbow Hall, Kilmacthomas, with the PHECC Cardiac First Response – Community certificate as part of the course. Twelve participants attended and all came away with valuable skills and knowledge. Thanks to Sean, Clodagh and Keith for delivering two fantastic courses!

CHECK OUT THE 2025 TRAINING DATES ON THE CALENDAR ON PAGE 12 | BOOK ON www.eventbrite.ie



Beyond the Trail: Safety Skills for Every Outdoor Adventure



In November, we partnered with Seán from Mediforce to deliver an online information webinar via Zoom on how to be safe while participating in outdoor activities. The session provided the group with valuable knowledge on different aspects of taking part in any activity in the outdoor environment. Seán provided the group with information on what to bring when preparing for a hike or walk in the hills or mountains - including what to wear, footwear and suitable snacks and food to bring. Due to high demand, we will be running another webinar in January 2025. Many thanks to Seán for a fantastic webinar – we are really looking forward to the next one!

NOW BOOKING! Beyond the Trail: Safety Skills for Every Outdoor Adventure | Webinar | FREE EVENT

Thursday 30th January | 7.30 to 9 pm

FOR BOOKINGS OR FURTHER INFORMATION, PLEASE CONTACT LIZ MCENANEY:

087 739 6050 | lmcenaney@waterfordsportspartnership.ie

Safeguarding Training

We offer a range of online Safeguarding courses, including Safeguarding 1 (Basic Awareness), Safeguarding 2 (Club Children's Officer) and Safeguarding 3 (Designated Liaison Person).

CHECK OUT THE 2025 DATES ON THE CALENDAR ON PAGE 12 | BOOK ON www.eventbrite.ie/cc/safeguarding-courses-3125589

For more information, please contact Emma Walsh on 087 063 8680 | ewalsh@waterfordsportspartnership.ie.



2025 CALENDAR OF TRAINING & EVENTS

January 2025				
Monday 20 th January	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
February 2025				
Monday 17 th February	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
March 2025				
Mon 3 rd to Sun 9 th March	Women in Sport Week 2025	<i>More info coming soon!</i>		
Thursday 6 th March	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Thursday 20 th March	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Saturday 22 nd and Sunday 23 rd March	Rescue Emergency Care (REC3) First Aid (2-day course)	9 am to 7.30 pm 9 am to 5 pm	€100pp	Waterford Marine Search and Rescue HQ Unit 10, Park Road Business Park, Newtown, Waterford, X91 WR62 Book on www.eventbrite.ie
Monday 24 th March	Safeguarding 2 - Club Children's Officer	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
April 2025				
Monday 7 th April	Safeguarding 3 - Designated Liaison Person	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 28 th April	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
May 2025				
Sat 10 th to Sun 18 th May	National Bike Week 2025	<i>More info coming soon!</i>		
Monday 19 th May	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
June 2025				
Monday 16 th June	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
August 2025				
Mon 11 th to Sun 17 th Aug	HER Outdoors Week 2025	<i>More info coming soon!</i>		
Monday 25 th August	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
September 2025				
Saturday 6 th and Sunday 7 th September	Rescue Emergency Care (REC3) First Aid (2-day course)	9 am to 7.30 pm 9 am to 5 pm	€75pp	Venue TBC
Monday 22 nd September	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 22 nd September	European Week of Sport 2025 Starts Today!	<i>More info coming soon!</i>		
Saturday 27 th September	Positive Ageing Week 2025 Starts Today!	<i>More info coming soon!</i>		
October 2025				
Wednesday 8 th October	Safeguarding 2 - Club Children's Officer	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 20 th October	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
November 2025				
Wednesday 12 th November	Safeguarding 3 - Designated Liaison Person	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie
Monday 17 th November	Safeguarding 1 - Child Welfare & Protection Basic Awareness	6 to 9 pm	€20pp	ONLINE TRAINING COURSE Book on www.eventbrite.ie

David Abbott is our Outdoor Recreation Officer

You can contact David on:

086 165 0970 | dabbott@waterfordsportspartnership.ie



Your Voice, Your Outdoors: Shaping Waterford's Recreation Future

Progress is being made on the development of a new Outdoor Recreation plan for Waterford and you'll have an opportunity to have your say later this month.

We are calling on everyone with an interest in outdoor recreation to contribute to shaping this plan. Whether you're a hiker, cyclist, swimmer, kayaker, surfer, angler, or simply enjoy outdoor activities with family and friends, your voice matters.

The plan will reflect the diversity of outdoor pursuits outlined in *Embracing Ireland's Outdoors*, the National Outdoor Recreation Strategy, including:

- Walking and hiking
- Water sports (e.g. kayaking, surfing)
- Cycling and mountain biking
- Swimming
- Fishing and angling
- Equestrian activities
- Rock climbing
- Nature-based recreation and more. . .

This is your opportunity to share ideas, highlight needs, and help create a vibrant future for outdoor recreation in Waterford! To ensure widespread input, we are hosting two public consultation sessions at the end of January. These sessions will provide a platform to share your thoughts and engage with the process. **Details are as follows . . .**

Waterford Outdoor Recreation Plan | Public Consultations ALL WELCOME!

Wednesday 29th January @ 7.30pm: SETU Arena | Carrignaore | Waterford | X91 XD96.

Thursday 30th January @ 7.30pm: The Park Hotel | Dungarvan | Co. Waterford | X35 CC97

You can register in advance to attend one of the public consultations through the links available on our website: www.waterfordsportspartnership.ie

**HAVE
YOUR
SAY**

Your input will play a vital role in shaping a plan that reflects the county's natural beauty and the aspirations of its community.

Join us and help shape the future of outdoor recreation in Waterford!

This initiative is part of *Embracing Ireland's Outdoors*, the national strategy for outdoor recreation, which aims to maximize the potential of Ireland's natural environment for all who enjoy it. It's a collaborative effort between Waterford Sports Partnership, Waterford City & County Council, Waterford Leader Partnership, National Parks and Wildlife Service, Fáilte Ireland, Coillte and Get Ireland Walking.

If you would like further information or if your club would like to meet with our Outdoor Recreation Officer, please contact David directly on 086 165 0970 or dabbott@waterfordsportspartnership.ie



Sinéad Brannigan is our Physical Activity for Health Officer

You can contact Sinéad on:

087 459 6179 | sbrannigan@waterfordsportspartnership.ie



Chair-Based Yoga

In September, we coordinated a chair-based yoga programme in Dungarvan Rugby Club for people living with chronic conditions. Eleven people took part in the ten-week programme. We would like to thank tutor Kiara Murphy for leading the programme and Dungarvan Rugby Club for hosting the sessions. At the end of the programme, participants were encouraged to join Kiara's community classes, or to use the skills that Kiara shared to continue their practice at home.



Collaborating for Physical Activity Pathways

We were delighted to be invited to attend the Sport Ireland 'Collaborating for Physical Activity Pathways' event in November 2024 at the Sport Ireland Campus. It was a great event, allowing for voices to be heard from healthcare and community sports. Sinéad Brannigan sat on a panel to discuss the progress of the Physical Activity for Health Project. Along with Sinéad, Anne Hennessy (WSP Board Member & HSE Health & Wellbeing Improvement Officer) presented a poster on the day on 'Physical Activity for People Living With Chronic Conditions: Collaboration Between Health Promotion & Community-Based Sports Sectors.'

Aqua Aerobics

Our hugely popular Aqua Aerobics programmes for people living with arthritis and chronic pain made a comeback in September and November. Both sessions were hosted at the Kingfisher Club. Seventeen participants joined the six-week programme in September, while nine took part in the six-week session in November. At the conclusion of each programme, participants were informed about ongoing pay-as-you-go Aqua Aerobics classes available in Waterford city and nearby areas, including at the Kingfisher Club, The Tower Hotel, and Splashworld. We're excited to announce that the programme will be returning in early 2025. A big thank you to the Kingfisher Club and Elena for their support in making the programme a success.



Move Well: Breathe Well

Launched in July 2024, this new pilot programme was a collaboration between WSP and HSE Respiratory Physiotherapists. Its aim was to help individuals maintain the physical improvements gained during the 8-week physiotherapy-led pulmonary rehabilitation programme. Upon completing the programme, participants were encouraged to continue their regular gym visits independently. We are thrilled to share that three participants have continued attending the gym and following their workout routines for an additional eight weeks after the programme ended.



Staying Fit for the Future – Better Balance

This new pilot programme launched in October 2024, following a comprehensive training day for three WSP tutors, physiotherapists from the HSE PCC Physiotherapy Services in Waterford, and the Physical Activity for Health Officer. The original programme was developed, delivered, and evaluated by HSE PCC Physiotherapy Services in Cork, in collaboration with Cork Sports Partnership, who also led the training day.

Following the successful training, we organised three ten-week programmes at the Cappoquin Community Centre, Butler Community Centre in Waterford city, and the Fusion Centre in Dungarvan. In total, thirty-seven participants (2 men and 35 women) enrolled on the programme. The average age of the participants was 71. Thank you to our tutors Mark, Sara, and Stephen for delivering a quality programme in all three locations.

All participants were assessed by HSE PCC physiotherapists at the start of week 1 and reassessed at the end of week 10. **The assessment results revealed significant improvements across the group, with some participants showing a huge increase in the balance tests improvements.**

OUTCOME MEASURES FOR ALL LOCATIONS	PRE	POST	RESULTS	MEANING
Sit to Stand	416 reps	451 reps	Increase of 35 reps	Individuals can perform more reps in the same time after completing the 10-week programme.
Timed Get Up & Go	239 seconds	227 seconds	Decrease by 12 seconds	Individuals take less time to get up and go from a chair after completing the 10-week programme.
Tandem Stand	669 seconds	755 seconds	Increase by 86 seconds	Individuals can balance in the tandem position for longer.
Single Leg Stand – Eyes Open	790 seconds	1036 seconds	Increase by 246 seconds	Individuals can balance on one leg for longer with eyes open.
Single Leg Stand – Eyes Closed	172 seconds	226 seconds	Increase by 54 seconds	Individuals can balance on one leg for longer with eyes closed.



PARTICIPANT FEEDBACK

'It's the best programme I've ever done with Waterford Sports Partnership.'

'It was brilliant, and I practise the exercises at home.'

'I've made improvements to my balance and I'm walking more as a result.'

'The tutor is just brilliant and very encouraging.'

PACC 3 - Waterford Signposting Project

In November, S3 Solutions hosted an additional discovery workshop to discuss the signposting process that is operating in Waterford since January 2023. WSP staff and tutors participated in the discussion and shared their experiences of the signposting process with health professionals and staff from the Waterford Chronic Disease Hub and the Waterford Social Prescribing Service.

**WE WILL HAVE A RANGE OF PROGRAMMES STARTING AT THE END OF JANUARY 2025.
FOR FURTHER INFORMATION, PLEASE CONTACT OUR PHYSICAL ACTIVITY FOR HEALTH OFFICER,
Sinéad Brannigan: 087 459 6179 | sbrannigan@waterfordsportspartnership.ie**

Social Soccer

The monthly Social Soccer sessions for adults with disabilities, hosted by WSP in collaboration with the Football Association of Ireland (FAI), have been a tremendous success. Held on the last Wednesday of each month at Dungarvan Sports Centre, these sessions bring participants together for fun, fitness, and friendly competition. The programme runs two separate groups to cater to different ability levels. One group focuses on individuals with lower ability levels, emphasising fundamental movements through fun games, while the other provides a more competitive soccer experience for participants with higher ability levels. Over the past three months, demand for the programme has grown significantly, with close to 30 participants attending each session. The programme's success is thanks to the dedication of FAI coaches Gary Power and Brendan Corish, along with tutor Jamie Organ, who delivered engaging and well-organised sessions.

For more information or to register for future sessions, check out our Disability Sport Calendar on Page 21 or contact Pauline Casey, Sports Inclusion Disability Officer, at pcasey@waterfordsportspartnership.ie or call 086 783 7385.



Boccia

We would like to congratulate everyone who took part in the final Boccia session of the year at Cill Barra Sports Centre in September. This session was the last in a series of four monthly events and attracted an incredible 35 participants, highlighting the growing popularity of Boccia. A special thank you to tutor Declan Kelly, whose enthusiasm created an inclusive and supportive environment for all participants. Boccia will return in February, and we look forward to welcoming both familiar and new faces. **For more information or to register for future sessions, check out our Disability Sport Calendar on Page 21 or contact Pauline Casey, Sports Inclusion Disability Officer, at pcasey@waterfordsportspartnership.ie or call 086 783 7385.**



Disability Charter - Have You Signed Up?

We are encouraging all Waterford organisations involved in sport and physical activity to sign the **Sports Inclusion Disability Charter**. Created by Active Disability Ireland (formerly CARA) in partnership with Local Sports Partnerships, the Charter identifies five key areas (Openness, People, Activities, Facilities, and Promotion) that organisations should address to support active and healthy lifestyles for all. To date, 62 organisations in Waterford have signed up, including sports clubs, leisure facilities, disability organisations, and educational institutions.

For more information or to sign the Charter, visit www.actedisability.ie.



Sportshall Athletics

Congratulations to the students of St. Martin's Special School, who recently completed a six-week Sportshall Athletics Programme. This indoor athletics programme focuses on developing key skills in running, jumping, and throwing. Using soft, colour-coordinated equipment, the programme is designed to be accessible to children of all abilities. Under the guidance of tutor Pat Power, the sessions were fun, engaging, and inspiring, helping students build confidence and fundamental skills through athletics.

School Support Visits

Since September, our Sports Inclusion Disability Officer, Pauline Casey, has conducted three support visits to teachers at St. John's Special School, St. Saviour's National School, and Our Lady of Mercy Secondary School. These visits aim to help schools provide inclusive PE sessions as part of their mainstream curriculum.

St. John's Special School, Dungarvan: The school received support for Sportshall Athletics. After the training, the school borrowed Sportshall Athletics equipment from WSP and now runs weekly sessions for students.

St. Saviour's National School: The focus was on adapting PE sessions and lunchtime activities to include a student with a visual impairment.

Our Lady of Mercy Secondary School: The school explored introducing inclusive games such as Boccia and Goalball to engage students further.

If your school would like support or advice on making PE more inclusive for students with disabilities, please contact Pauline Casey, Sports Inclusion Disability Officer, at pcasey@waterfordsportspartnership.ie or call 086 783 7385.

Multi-Activity Programme with IWA Sport

In partnership with IWA Sport, we hosted a four-week Multi-Activity programme at the Kingfisher Club for children aged 5 to 15 with physical disabilities. The programme included para sports like wheelchair basketball and fun games such as parachute play, stuck in the mud, and relay races.



Following this successful Multi-Activity programme, we are excited to team up with IWA Sport for an information meeting on **Wednesday, 29th January, at 7:00 pm in SETU Arena**. This meeting is for parents and volunteers interested in starting a Multi-Activity Club. Register your interest at www.eventbrite.ie.



Cycle Right – Fenor National School

A group of 12 students from the Autism Unit at Fenor Primary School recently completed a fantastic six-week Cycle Right programme. Led by cycling tutor Declan Kelly, with support from the school's dedicated teachers, the programme aimed to develop the children's cycling skills using both adapted and non-adapted bikes.

The sessions focused on helping the students ride independently or with assistance, allowing them to enjoy the freedom and fun of cycling around the school grounds. The programme was a resounding success, with participants showing great enthusiasm and making impressive progress. Congratulations to the students, teachers, and everyone involved! We can't wait to see the children continue their cycling.



Come & Try It Cycling – Autism Support Dungarvan

During the Halloween Midterm Break, Waterford Sports Partnership hosted a *Come & Try It* cycling event for Autism Support Dungarvan members. The 90-minute session, held at St. Mary's Primary School, was led by WSP Sports Inclusion Disability Officer Pauline Casey, with support from cycling tutor Declan Kelly.

The event gave children, supported by their parents, the chance to try out a variety of adapted and non-adapted bikes. It was a fun-filled and engaging experience, where children enjoyed the opportunity to develop their cycling skills in a safe and supportive environment.

The session's success has already generated excitement for a six-week cycling programme planned for the new year. Well done to all the children, parents, and instructors who made this event so memorable.

Chair-Based Yoga

In September, we launched a Chair-Based Yoga programme tailored specifically for individuals with disabilities. Held at Dungarvan Library, the four-week programme welcomed participants from two services, creating an inclusive and relaxing environment for all. A big thank you to tutor Kiara Murphy, for her expert guidance throughout the sessions, and to Waterford City & County Council Libraries for generously providing the venue. This initiative exemplified the positive impact of accessible activities, helping participants build strength, flexibility, and mindfulness.



TRAINING & EDUCATION

A fundamental pillar of the **Sports Inclusion Disability Programme** is training and education. A number of workshops are available, which can be tailored towards the needs of specific groups, including:

- Disability Inclusion Training
- Disability Awareness in Sport Training
- Inclusive Fitness Training
- Autism in Sport Training

We also offer support visits to schools and organisations.

Sports Inclusion & Disability Awareness Workshop (Online)

This workshop is designed to build awareness around people with disabilities participating in community sport and physical activity. On completion of the course, all attendees will receive an Active Disability Ireland Certificate of Participation endorsed by Sport Ireland.

Disability Inclusion Training Workshop (Online)

This workshop is designed to provide participants with knowledge, skills and ideas on how to adapt and modify their sport, physical activity or physical education sessions to make them more accessible and inclusive for people with disabilities. Attendees will be engaged through interactive group work and theory content and will be introduced to adaptation tools, which will be applied to a variety of games and activities to show how to make these inclusive for all ability groups.

Inclusive Fitness Training Workshop (Online)

This workshop is designed to increase the confidence and awareness of fitness managers, fitness professionals and all frontline staff to work with people with disabilities in the fitness sector.

Autism in Sport Workshop (Online)

This workshop will provide attendees with an understanding of Autism, focusing on the delivery of sport. It will help participants to recognise and understand key areas of difference as well as looking at practical strategies to help include people with Autism in sport sessions.

Inclusive Design for Outdoor Recreation Workshop (Online)

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

If you or your organisation are interested in any of the Disability Training options on offer, please contact Pauline Casey on 086 783 7385 | pcasey@waterfordsportspartnership.ie.

Beach Wheelchair available for **FREE HIRE** in TRAMORE



BOOK ONLINE

www.waterfordsportspartnership.ie/wheels-for-hire

For more information, please contact Pauline Casey on
086 783 7385 | pcasey@waterfordsportspartnership.ie

Disability NGB Contacts

Special Olympics

Sinead Costello - sinead.costello@specialolympics.ie

Vision Sports Ireland

Padraig Healy - padraig.visionsports@ncbi.ie

Golf Ireland

Sarah Banville - sarahbanville@golfireland.ie

Football For All Development Officer

Brendan Corish - brendan.corish@fai.ie

Irish Wheelchair Association Sport

Joanne Wall - joanne.wall@iwa.ie

FREE EQUIPMENT HIRE

Boccia Kits | Pitch & Putt Clubs | Activator Poles

For more information, please contact Pauline Casey on
086 783 7385 | pcasey@waterfordsportspartnership.ie

WHEELS FOR HIRE

**Running Buggy & Trike
available for FREE HIRE**

@ SETU Arena, Carriganore

BOOK ONLINE at

www.waterfordsportspartnership.ie/wheels-for-hire

For more information, please contact Pauline Casey on
086 783 7385 | pcasey@waterfordsportspartnership.ie

Waterford Disability Groups & Clubs

Down Syndrome Waterford Branch

Contact: info@dsiwaterford.ie

Viking Halliwick Swim Club (*PAN Disability*)

Contact: Sarah Flynn | 083 137 6847 |
vikinghalliwicksc@gmail.com

Waterford Autism Social and Sport Action (WASSA)

Contact: Bernie Murphy | 086 663 7055 | contacts@wassa.ie

Little Conquerors Autism Group

West Waterford Autism Parents Support Group

Contact: Kevin Murphy | 086 823 1653 | canalmore@gmail.com

Foroige Club (Dungarvan)

For young children (10-17 years) with High Functioning Autism

Contact: Kara | 087 610 4430

Ballyduff AFC – Football for All Club

Contact: Michael Masterson | mikemasterson@gmail.com

Bohemians FC – Football for All Club

For young people (16+)

Contact: Owen Duffy | oduffy4@gmail.com

Cappoquin Football for All

For young people (6-16 years)

Contact: Xander Coolbear | xanderc35@hotmail.com

Park Rangers AFC – Football for All Club

For young people (6-16 years)

Contact: Sinead Cheevers | cheevers.sinead@gmail.com

Little Vikings – Special Olympics Club

For children with an intellectual disability (4-12 years)

Contact: membershiplittlevikings@gmail.com

Waterford FC Football Friends

For children with ASD (6-16 years)

Contact: Colin Power | 087 282 2822 |
community@waterfordfc.ie

Deise Stars - Special Olympics Club

For Children with an intellectual disability (12+)

Contact: deise.stars@specialolympics.ie

50 Shades of Exceptional

Social Group for parents of children with additional needs.

Contact: community@brillfrc.ie

Waterford Muay Thai

Children & adults of all ages

Contact: John Walsh | johnmuaythai69@gmail.com

Autism Support Dungarvan

Support Group for Parents & Carers of Autistic Individuals.

Autism Friendly Children's Events also.

Contact: asddungarvan@gmail.com

DISABILITY SPORT CALENDAR | JANUARY TO APRIL 2025

	DATE / TIME	LOCATION	DESCRIPTION	COST / BOOKING
Social Soccer	Wednesday 29 th January Wednesday 26 th February Wednesday 26 th March Wednesday 30 th April 1 to 2pm	Dungarvan Sports Centre	For Adults with a Disability Social Soccer offers something for all participants. Two groups will be formed based on the participants' ability. Those with mild to moderate disabilities take part in a competitive match and those with moderate to severe disabilities take part in fun activities and games.	Cost: €3 per person per session Booking Essential Numbers are limited. Please contact Pauline, details below.
Boccia	Wednesday 12 th February to Wednesday 12 th March (5-week programme) 10.30 to 11.30am	Cill Barra Sports Centre	For Adults with Pan Disability (All Abilities) Boccia is a target ball game similar to bowls or petanque. It is ideal for mixed-ability participants. It can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw red or blue leather balls as close as possible to a white target ball, or jack.	Cost: €3 per person per session or €10 for all 5 sessions Booking Essential Numbers are limited. Please contact Pauline, details below.
Ready Steady Pedal	Tuesday 11 th March to Tuesday 15 th April (6-week programme) Group 1: 10.30 - 11.30am Group 2: 11.30am - 12.30pm Group 3: 12.30 - 1.30pm	Waterford Regional Sports Centre	For Adults with Mild to Moderate Disabilities This Cycling programme will be carpark based. Bikes and helmets will be provided for participants. The programme is aimed at adults who may have previously cycled as children or for those who wish to learn a new skill. This programme aims to increase cycle confidence and learn the basics of cycling such as balancing, cornering, breaking and ready position.	Cost: €20 per person 6-8 participants Booking Essential Numbers are limited. Please contact Pauline, details below.
Basketball	Wednesday 19 th March to Wednesday 9 th April (4-week programme) 10.30 – 11.30am	Cill Barra Sports Centre	For Adults with a Mild to Moderate Disability Basketball gives participants an opportunity to develop and improve their fundamental movement skills in a fun and enjoyable way. The 4-week programme will look at developing basic ball handling and dribbling skills, as well as introducing participants to basic rules of the game.	Cost: €10 per person Booking Essential Numbers are limited. Please contact Pauline, details below.
GAA Fun & Run 'Come & Try It'	Wednesday 16 th April 10am – 12pm Wednesday 23 rd April 10am – 12pm	Walsh Park or alternative Waterford City venue or Fraher Field or alternative Dungarvan Venue	For Children with a Mild to Moderate Intellectual Disability aged 5-16years GAA Fun & Run is an action-packed and fun-filled day during the Easter holiday, with an emphasis on Hurling and Gaelic Football. Participants will have an opportunity to try Gaelic Games in a supportive and encouraging environment, led by experienced coaches.	Cost: €5 per person Booking Essential Please contact Pauline, details below.

Coming soon in 2025 – Surfing, Walk Fit, Pitch & Putt, Fishing...



For bookings or more information, please contact Pauline Casey, Sports Inclusion Disability Officer, on 086 783 7385 | pcasey@waterfordsportspartnership.ie



Follow 'Waterford SportsAbility' on Facebook!



Lauren Walsh Kett is our Active Cities Officer

You can contact Lauren on 087 117 8578 or email

lwalshkett@waterfordsportspartnership.ie

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

www.waterfordsportspartnership.ie/active-cities-waterford/



Fitsticks Walking Trail – SETU Arena

Waterford's first Fitsticks Trail was installed at SETU Arena in December 2024, just in time for Christmas! Waterford Sports Partnership, SETU Arena, and FitWalk Ireland joined forces early in 2024 to create this fantastic new amenity in Waterford City. It was funded by the Active Cities Waterford Project through Sport Ireland's Dormant Accounts Fund.

The looped trail spans just over 2km and follows the route of the ParkRun held at the Arena. Designed to be accessible and safe, the well-lit pathway is perfect for those using activator poles – and it's free to use! An information board at the start of the trail offers guidance on warm-up and cool-down exercises, while exercise stations along the route suggest activities like squats and lunges with activator poles. There are now several Fitsticks Trails across Ireland, including in Cork City, Limerick City, and County Laois.

The new Fitsticks Trail at SETU Arena will be launched on Wednesday 19th February at 12:15pm! We will have a Fitsticks Session running on the day with a WSP tutor. If you want to be the first to try it out, sign up now through Eventbrite!

Playful Streets 2025

Our *Playful Streets* Initiative in partnership with Healthy Waterford was a huge success in 2024, with over 30 events held across Waterford city and county. We're delighted that *Playful Streets* will be back in 2025! In February, we will open an "Expression of Interest" process for communities interested in running a *Playful Streets* event. Keep an eye on social media for details.



Sacred Heart Family Fun Day

Our Active Cities Officer, Lauren was delighted to support the Sacred Heart Family Resource Centre, Waterford with their Family Fun Day in Williamstown Sports Complex on Saturday 14th September. There were lots of activities on offer for the community to try out, including soccer and hurling with the local clubs, games and activities with Ready Steady Play, and target games with Eoin from Healthy Waterford. The face painting stand was very popular, and everyone really enjoyed the BBQ that was provided too! We worked in partnership with a number of stakeholders to plan and facilitate this great day for the local community, including Waterford City & County Council, Waterford Area Partnership & Waterford Community Safety Partnership.



Kingsmeadow Community Consultation & Activity Day

On Wednesday 14th August, we hosted a Community Consultation on the green in the Kingsmeadow, Cork Road area of Waterford City. We spoke with residents about future physical activity developments they would like to see in Kingsmeadow, including exciting upgrades to the existing basketball court scheduled for 2025. Throughout the day, we ran basketball sessions on the court, led by Waterford Wildcats coach, Sarah. Meanwhile, Jade and Edwina from *Ready Steady Play* kept everyone entertained with fun games and activities on the green.

A huge thank you to the Cork Road–Kingsmeadow Residents’ Association for its invaluable support, and to the Waterford City & County Council Community Department for its continued commitment to this project. Funding for this initiative is provided by the Active Cities Project and the Sláintecare Healthy Communities Initiative.

Thank you to everyone who joined us for a fantastic day of fun, feedback, and community spirit!



Play Packs Available to Borrow!

As part of the Active Cities Project, we offer Play Packs that residents’ associations and community groups can borrow to host their own *Playful Streets* event. Over the summer, several groups took advantage of this initiative, organising fantastic events such as the Family Fun Days in Woodlawn Grove and St. Herblain Park.

For more information, contact Lauren on 087 117 8578 or email lwalshkett@waterfordsportspartnership.ie





Activator Poles – Lismore

In October, Mark Landers delivered a six-week Activator Poles programme in Lismore. Each week, participants gathered at the library, where they accessed poles through the *Activator Poles Borrow Scheme* in partnership with Waterford Libraries. Mark guided the group through the proper techniques for using the poles effectively and demonstrated additional exercises to help improve daily movement and balance.

A big well done to everyone who took part, and a special thanks to Mark for delivering another fantastic programme!



Go For Life Games – Cappoquin

November marked the return of the popular *Go For Life Games* at Cappoquin Community Centre. The programme, led by Mark Landers, focused on hand-eye coordination and basic functional movements, all presented in a fun and engaging environment. This enjoyable taster session gave participants a glimpse of the *National Go For Life Games* held annually in Dublin. Thank you to everyone who joined in, and well done to Mark for another successful initiative!

St. Declan's Way

The final walk of the five-part St. Declan's Way series, covering the Waterford section, was originally planned to take place in Ardmore on National Walking Day on Sunday, 29th September. However, due to torrential rain, it was rescheduled for 20th October. Unfortunately, the weather on the new date also brought high winds and rain to Ardmore. But despite the challenging conditions, seven determined participants braved the elements to complete the walk. A heartfelt thank you to Grainne Moynihan from Knockmealdown Active for sharing her incredible knowledge and guiding skills throughout the series.

Well done to everyone who participated!



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

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

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

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

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

For more information on activities at Carrickphierish Community Sports Hub, please contact Peter Jones on 087 101 5130 or email: pjones@waterfordsportspartnership.ie

For HALL BOOKING queries, please contact Darren Sealy by email: dsealy@waterfordcouncil.ie

YOUTH SPORT UPDATE



Peter Jones is currently covering our Youth Sports Development work. This focuses on working with young people aged from 10 to 23 years throughout Waterford city and county, offering opportunities to participate in sport and active recreation.

For enquiries regarding activity programmes or for further information, please contact Peter: 087 1015130 | pjones@waterfordsportspartnership.ie

Marathon Kids

160 students from 3 DEIS schools (St. Saviours N.S., Tallow N.S, and Our Lady of Mercy N.S.) took part in the eight-week Marathon Kids programme. Marathon Kids targets 5th & 6th class students in schools across Ireland. Students learn about the health benefits of sport and perform four running sessions each week, inching them closer to completing their marathon as well as learning about the benefits of physical activity. Irish Olympian David Gillick also holds weekly zoom sessions with participating classes.



TYRE Diversion Project

We collaborated with the TYRE Garda Youth Diversion Project on an exciting initiative called *Operation Motivation*. This programme was designed to engage teenage girls by offering taster sessions in a variety of physical activities, encouraging them to explore new ways to stay active and build confidence. The programme featured:

- A Boxercise session with Tramore Boxing Club, introducing the girls to the fundamentals of boxing in a fun and supportive environment.
- A dance session led by Sinéad Gould, where participants got to express themselves through movement and enjoy the rhythm of dance.

These activities not only introduced the girls to new sports but also helped build their confidence and enthusiasm for physical activity.

A big thank you to everyone who made this project a success, especially Tramore Boxing Club and Sinéad Gould, for their dedication and support in delivering these great sessions.

FEEDBACK

'The girls loved the boxing session - they wouldn't normally have tried something like this, so it was great to give them the opportunity.'

'Sinéad was brilliant with the girls! They really enjoyed the dance session and had a fantastic time.'



Léargas-Erasmus Study Visit

We were invited to be part of an Erasmus-funded "YouSport Mini Study Visit," facilitated by Léargas, the Irish National Agency for Erasmus+ Youth and Sport programmes. Grassroots Youth Workers and Sports Officers from Ireland, Italy, Malta, Finland and Germany working in the youth and/or sport sectors, were invited to the three-day, study visit in Dublin. The focus of the study visit was "How to include disadvantaged young people through social sport methods," by showcasing programmes from Laois, Limerick, and Waterford Local Sports Partnerships.

Focusing on the inclusion of disadvantaged young people through sport, eight participants on the visit were given the opportunity to job shadow WSP staff member Brian O'Neill in Waterford on 16th October to see how WSP engages marginalised young people into sport/active recreation. There were lots of learnings for all involved and we were delighted to be involved in this initiative.



Waterford Comhairle na nÓg Annual Youth Conference

The Waterford Comhairle na nÓg Annual Youth Conference took place on Wednesday 14th November in Lawlor's Hotel, Dungarvan, attracting an incredible 160 young people from across Waterford. The day was packed with engaging activities and meaningful discussions, focusing on key topics that matter to young people, including Mental Health and Bullying.

We were delighted to be invited along to kick the event off with an energetic start. WSP team members Peter Jones and Thomas Shaw-Hamilton facilitated a series of icebreakers and energisers, setting the tone for a vibrant and interactive conference. These activities helped attendees feel more at ease, encouraged collaboration, and built a positive atmosphere for the discussions ahead.

Throughout the day, young participants had the opportunity to voice their opinions, share personal experiences, and propose ideas on how to address the challenges of mental health and bullying in their communities. The conference provided a safe and open space for these important conversations, empowering young people to take an active role in shaping solutions.

A huge thank you to Amy, the dedicated Co-ordinator of Waterford Comhairle na nÓg, for organising such a well-planned and impactful event. Her hard work ensured the day was not only productive but also enjoyable for everyone involved.



Late Night Soccer Blitz for Youth Projects

On Friday 8th November, we hosted a Late Night Soccer Blitz for youth projects in partnership with the FAI at the Kingfisher Club. We had a great turnout on the night, with nearly 30 young people aged 11–13 from Manor St. John Youth Services and the SHY Project taking part. A big thank you to FAI Development Officer Gary Power for facilitating this exciting event and making it a memorable experience for all involved. Well done to everyone who took part!



Youth Coaching Fund

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

USEFUL NATIONAL GOVERNING BODY (NGB) CONTACTS

NGB	CONTACT	PHONE	EMAIL	WEBSITE
Athletics Ireland	Colin Byrne	087 063 2326	colinbyrne@athleticsireland.ie	www.athleticsireland.ie
Association of Irish Powerchair Football	Donal Byrne	087 411 7911	donal.byrne@cheshire.ie	www.aipf.ie
Badminton Ireland	Ficha Andrews	01 8393028	fandrews@badmintonireland.ie	www.badmintonireland.com
Basketball Ireland	Ciaran O'Sullivan	085 761 0665	cosullivan@basketballireland.ie	www.basketballireland.ie
Camogie Association	Jonathan Tallon Munster Participation & Growth Co-Ordinator	086 796 1858	Jonathan.tallon@camogie.ie	www.camogie.ie
Confederation of Golf in Ireland		01 505 2075		
Cricket Ireland/Munster Cricket	Joseph Moynihan	01 8947914	manager@munstercricket.ie	www.cricketireland.ie www.munstercricket.ie
Cycling Ireland	Margo Finnegan Roisin Hickey	086 771 0712 086 882 8801	margo.finnegan@cyclingireland.ie coaching@cyclingireland.ie	www.cyclingireland.ie
Down Syndrome Waterford		087 605 7069	info@dsiwaterford.ie	www.dsiwaterford.ie
Football Association of Ireland	Gary Power Michael Looby	086 388 3850 087 050 8623	gary.power@fai.ie michael.looby@fai.ie	www.fai.ie
Gymnastics Ireland	Garrett Buckley	01 6251125	garrett@gymnasticsireland.com	www.gymnasticsireland.com
Gaelic Athletic Association	Barry Dunne	087 695 3648	barry.dunnegda.waterford@gaa.ie	www.gaa.ie
Irish Athletic Boxing Association	Elaine O'Neill	086 022 4460	elaine@iaba.ie	www.iaba.ie
Irish Road Bowling Association	Susan Greene		info@irishroadbowling.ie	www.irishroadbowling.ie
Irish Rugby Football Union	Amanda Greensmith	086 021 8320	amandagreensmith@munsterrugby.ie	www.munsterrugby.ie
Irish Sailing Association	Sarah Louise Rossiter	087 939 0488	sl.rossiter@sailing.ie	www.sailing.ie
Irish Wheelchair Association	Joanne Wall	085 859 5094	joanne.wall@iwa.ie	www.iwa.ie
Ladies Gaelic Football Association	Mary Halvey Gearóid Balfry	087 252 0550 083 353 4875	secretary@munsterladiesgaelic.ie gdo.munster@lgfa.ie	www.ladiesgaelic.ie
Munster Rugby	Olan Daly East Munster Participation Lead	086 062 6130	olandaly@munsterrugby.ie	www.munsterrugby.ie
Olympic Handball Ireland		01 6251165	ohi@olympichandball.org	www.olympichandball.org
Orienteering Ireland	Andrew Cox	087 222 9677 051 860232	development@orienteering.ie	www.orienteering.ie
Rowing Ireland	Pat McInerney	087 969 5093	pat.mcinerney@rowingireland.ie	www.rowingireland.ie
Special Olympics Ireland	Susan McGill	087 293 8321	susanmcgill@waterford.brothersofcharity.ie	www.specialolympics.ie
Swim Ireland	Adam Cox	086 024 7766	membershipmanager@swimireland.ie	www.swimireland.ie
Tennis Ireland	Liz Clifford	087 758 1214	liz.rdo@tennisireland.ie.com	www.tennisireland.ie www.munstertennis.ie
Triathlon Ireland	Eleanor Condon	087 689 8812	eleanor@triathlonireland.com	www.triathlonireland.com
Vision Sports Ireland	Padraig Healy	085 850 0193	padraig.visionsports@ncbi.ie	www.visionsports.ie
Volleyball Ireland	Conor Flood Amanda Burgio Club Support & Participation Officer	087 099 7659 086 817 3990	cdo@volleyballireland.com amanda@volleyballireland.com	www.volleyballireland.com
Water Safety Ireland	James O'Sullivan	051 381403	waterford@watersafety.ie	www.watersafety.ie
Weightlifting Ireland	Colin Buckley Áine Byrne Special Projects Manager	086 257 7875 086 348 6119	colinbuckley37@gmail.com wis@weightliftingireland.com	www.weightliftingireland.com

REMEMBER TO CHECK OUT OUR WEBSITE
www.waterfordsportspartnership.ie



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