

APRIL 2026



LOCH GARMAN
GNÍOMHACH TRÍ SPÓIRT
SPORTS ACTIVE
WEXFORD

SPÓRT ÉIREANN

NEWSLETTER



“The work you do is so important. Not just in being healthier but in our mental health through the social aspect which is so important. Not gonna lie, signing up and then turning up that first morning was scary, for every single one of us but what came out of this exceeded our wildest dreams. We've ran races of 5km, 10km, half marathon, supported each other through injury and illnesses and always turned up for each other. From a sunny morning on the grassy DMP track not knowing anyone to travelling the camino together brings joy to our hearts. We each are so proud of ourselves for turning up that day”.

Shelley O'Connor, Couch to 5K participant

START

STAY

SUCCEED

CONTENTS

APRIL 2026

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About Sports Active Wexford

Sports Active Wexford are the Local Sports Partnership in Wexford and are part of the Community Section of Wexford County Council.

Our vision is for Wexford to be a county where all people are encouraged to:

- START to participate in some form of physical activity
- STAY physically active across the life stages
- SUCCEED in achieving their personal goals (whether they be physical fitness, mental wellbeing, social interaction or competition)

- **PAGE 3-6**
Recent programmes held throughout the county -Her Moves Self Defence programme, Wexford Libraries, Strength & Balance programme, Physical Activity for Health survey,
- **PAGE 7-12**
Upcoming Events & Courses
- **PAGE 13**
Contact Us!



Her Moves Self Defence Programme

Big shout out to this incredible group of girls from Selskar College who participated in the Her Moves Self-Defence programme with Chos Tae Kwon Do Wexford.

Showing great commitment and enthusiasm to trying out a different form of movement and plenty of laughs along the way. Providing our young girls with opportunities to participate in social, fun and non-judgemental environments is key. Special thanks to all staff in Selskar College for supporting the delivery of this programme. Keep up the same energy and confidence girls as you take on whatever is coming next.



Wexford Libraries

Supporting Health & Wellbeing in the Community

Wexford Library Service is proud to support the health and wellbeing of our community through a wide range of resources and services available to all.

Our libraries offer an extensive collection of books on sport, fitness, nutrition, mental health, wellbeing and personal development, suitable for all ages and abilities.

A wide range of health and wellbeing books and resources is available in your local library through the Healthy Ireland at Your Library and Skills for Life initiatives.

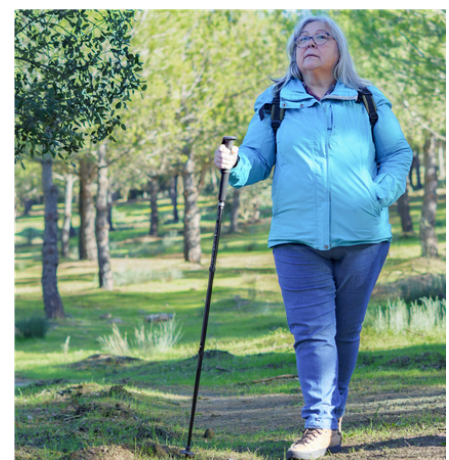
These programmes offer trusted information on physical and mental health, nutrition, chronic illness, caring, and everyday life skills – along with ebooks and eAudiobooks free with your library membership.

There are regular events, workshops and programmes that encourage healthy lifestyles and community engagement. You can also borrow activator poles for free with your library card.

We invite everyone to visit their local library and discover how they can support your wellbeing journey.

To sign up to the Library’s on line newsletter please go to :

<https://www.wexfordcoco.ie/libraries/library-newsletter-sign-up>



Physical Activity for Health

Physical Activity for Health is a pilot initiative developed and administered by Sport Ireland, supported by funding from Department of Health - Sláintecare and HSE Health & Wellbeing, with 6 Physical Activity for Health Officers in the country including our own Ben, with the aim of improving pathways to community based physical activity opportunities for those living with chronic conditions.

Sport Ireland recently released a summary document on this programme outlining key achievements and findings.

Check it out here

[https://www.wexfordcoco.ie/sites/default/files/content/Physical%20Activity%20for%20Health%20Programme%20Summary%20Report%20\(1\).pdf](https://www.wexfordcoco.ie/sites/default/files/content/Physical%20Activity%20for%20Health%20Programme%20Summary%20Report%20(1).pdf)



Strength and Balance Group

Well done to our Strength and Balance participants who finished up their 8-week programme in Kilanerin. We think it is safe to say the ladies are feeling stronger!

Thanks to Stephanie from “The Fit Boss” for her guidance and bringing great energy to the group each week.



Well done Eoin

Huge congrats to Eoin and his SETU Carlow team mates, who had a great 24 - 18 win recently in the rugby Division 1 final against UCC. Eoin is currently on placement with Sports Active Wexford and we couldn't be prouder!

Well done Eoin



AdventurHER Programme

Week 4 of our AdventurHER Programme saw the group of ladies hike White Mountain in Rathnure. The grey skies and drizzle didn't deter the ladies and a great hike was had.

Healthy Ireland Framework

The Department of Health is currently undertaking a public consultation on the new Healthy Ireland Framework. They are inviting organisations and their networks to share their views and help shape the future direction of health and wellbeing policy in Ireland.

The consultation is open until 22nd of April and submissions can be made online via the following link:

<https://www.gov.ie/en/department-of-health/consultations/healthy-ireland-framework-public-consultation/>

The QR code below also links directly to the survey.



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Adapted Bike Taster Sessions on the South-East Greenway

Option of 2 time slots: 11am or 1:30pm
Sessions run for 1.5hrs approx.

Available Bikes
2 x Axxess E3 Bikes &
1 x Wheelchair Platform Bike

Suitability
All suitability and information about bikes are in the overview section of the Eventbrite booking link.

Dates
The programme runs on the 2nd & 4th Friday of each month from March to October (with 1 exception of Friday 12th of June)

Dates are below:
March: 13th & 27th
April: 10th & 24th
May: 8th & 22nd
June: 11th & 26th
July: 10th & 24th
August: 14th & 28th
September: 11th & 25th
October: 9th & 23rd

Queries
For any queries, please contact sports.active@wexfordcoco.ie
Booking: Eventbrite Link

Active Travel ????

Adapted Bikes on SE Greenway

Join us for Adapted Bikes Taster Sessions on the South East Greenway and experience the joy of cycling in a way that works for you! 2 x different bikes available. Booking now open for the following dates: April 24th, May 8th & 22nd, June 11th & 26th, July 10th with option of 2 time slots. For more information and to book your place, please see: <https://bit.ly/4keaV6R>

Physical Activity Promotion Grant



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PHYSICAL ACTIVITY PROMOTION GRANT

Funding scheme aimed at small scale support to clubs and organisations. Max grant of €500 available

Apply at:
<https://bit.ly/3Q9JUqq>

CLOSING DATE 26/06/26

Check us out on Social Media



Contact Us
053 9196557 
sports.active@wexfordcoco.ie 



Funding Alert – Applications now open!

Is your community group or sports club looking to boost physical activity opportunities. Apply for our Physical Activity Promotion Grant today and let's get more people moving, playing and having fun!

Deadline for applications is 28/06/26 – Don't leave it too late!!

For criteria and to apply go to:

<https://www.wexfordcoco.ie/community-and-sports/sports-active-wexford/sports-active-grants/physical-activity-promotion-grant-2026>

Club Training Grant – Funding Alert!

**Max
€600**

Club Training Grant 2026

This grant is aimed at improving the management and administration of clubs by assisting with their training needs

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053 9196557
sports.active@wexfordcoco.ie

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LOCAL SPORTS PARTNERSHIPS

Comhairle Contae
Loch Garman
Wexford
County Council

Funding Alert! Our Volunteer Support and Club Training Grant is now open for applications! This Grant Scheme aims: -to increase participation in Physical Activity and Sport -to improve the management and administration of clubs -to develop youth structures in clubs/organisations by providing sport and physical activity opportunities

For criteria and to apply, go to: <https://wexfordcoco.ie/community-and-sports/sports-active-wexford/sports-active-grants/club-training-grant-2026>

Have your say!

Local Sports and Activities Plan & County Outdoor Recreation Plan

Wexford County Council and Sector 3 Consulting are asking for the public's help in preparing two plans, The Local Sports and Activity Plan and the County Outdoor Recreation Plan. They seeking to collaborate with residents, visitors and stakeholders throughout the County to inform the content of these plans.

Online surveys have been devised, one for each plan, and surveys specifically for children and young people and stakeholders to ensure the widest possible reach. Links to the surveys can be found on the Council's website and social media.

Please complete the online surveys to #HaveYourSay.

Public Engagement for Local Sports & Activities Plan And County Outdoor Recreation Plan

Your views are important to shape sports, activities and recreation in our county. Please have your say at the following links:



AdventurHER Programme

County
Outdoor
Recreation
Plan



Local
Sports
Plan



Children
& Young
People
Survey



LSP and
CORP –
Stakeholder
Survey





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An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development



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Teenage Girls

Did you know only 9% of Post Primary School girls are meeting their national PA Guidelines?

Sports Active Wexford are addressing this concern through the Sport Irelands Her Moves, an initiative designed to inspire and support more teenage girls to be active. Recently, secondary schools in Wexford have taken part in the Her Moves Self-Defence Initiative, delivered by John Phillips from Chos Tae Kwon Do Wexford. The girls have tried out some practical techniques for personal safety, all while promoting their physical fitness. Beyond improving their physical skills, these workshops have supported the development of their mental resilience and a strong sense of self-worth.

Providing Teenage girls with an opportunity to find What Moves them is key!

(Ref; Children's Sports Participation and physical activity study, 2022)





Sports Active Wexford team with our Steering Committee chairperson Cllr. Garry Laffan



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