

JANUARY 2026



LOCH GARMAN
GNÍOMHACH TRÍ SPÓIRT
SPORTS ACTIVE
WEXFORD
SPÓRT ÉIREANN

NEWSLETTER



I'm delighted to join the Sports Active Wexford team and I'm excited about the year ahead. There are great programmes planned for 2026 and I can't wait to get them up and running. Physical activity should be accessible for every person in Wexford and that is our main goal.

Will Doyle - Temporary Programme Manager

START STAY SUCCEED

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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)

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Recent programmes held throughout the county – Farmers based programme, UV Martial Arts for teenagers with diabetes, New to Tri, Duncannon Women's Shed

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Upcoming Events & Courses

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Contact Us!



Glow in the Dark Martial Arts Taster for teenagers living with diabetes



Our Physical Activity for Health Officer, Ben was delighted to support the delivery of the Glow in the Dark Martial Arts taster session to teenagers living with diabetes as part of this HSE led information event for families living with Type 1 diabetes. Well done to all participants for their tremendous enthusiasm and eager to learn new skills. A special thank you to instructor John for your energy throughout the session.

Did you know: People living with a Chronic Condition are encouraged to perform moderate – intensity aerobic activity for at least 2hrs and 30 minutes per a week?

Visit HSE, Every Moves Counts for more details.

Farmers Water Based Strength and Mobility Exercise Programme



Our Farmer's Water-based Strength & Mobility Exercise programme in collaboration with the IFA Wexford came to an end before Christmas in the Waterfront pool, Enniscorthy. 16 fantastic farmers pushed themselves out of their comfort zone and improved their basic aquatic skills along with increasing overall physical fitness.

Well done to all participants and thank you to Margaret and Anna for delivering the sessions.

New to Tri Programme

Well done to all the participants who took part in this 6-week New To Tri programme in collaboration with Triathlon Ireland and Wexford Triathlon Club. Open to beginners, a fantastic opportunity for participants to build their confidence and improve their swimming, cycling & running skills in a fun and social environment and boy did this group have a laugh!



As Triathlon Ireland have just announced their events schedule for next year, these participants are well prepared for their first duathlon/triathlon.

Visit @triathlonireland for more details.

WELCOME WILL

We are delighted to announce that Will Doyle has joined the Sports Active team in December as temporary Programme Manager.

Will brings a wealth of experience with him and we are very excited about working with him.

Welcome Will 😊



Duncannon Women's Shed

Well done to the ladies at Duncannon Women's Shed who participated in a Scooch and Bocce taster recently, achieving their daily physical activity while having fun with friends.

Did you know you can borrow this equipment for your community group?

Email
sportsactive@wexfordcoco.ie for
further information



Active Disability Ireland Conference



Anna, our ESF+ Social Innovation in Sports Officer, attended the Active Disability Ireland National Conference in December — Influencing & Challenging.

An incredibly inspiring day filled with powerful speakers, fresh perspectives, and motivation to drive meaningful change.



Club Database



Our Club Database is newly revamped and its a great tool for people looking for sports clubs and groups in an area. We would love to grow this database. Check see if your local club is registered and if not, maybe ask a club contact to register.

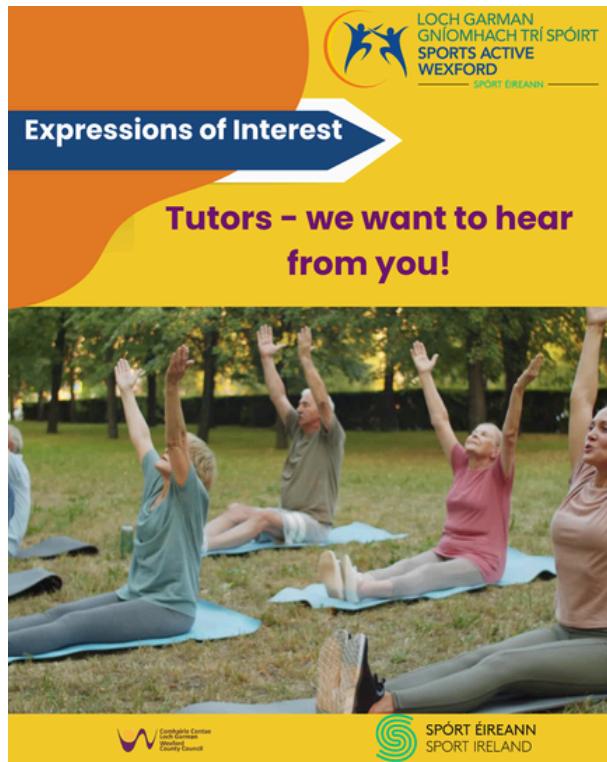
It can be viewed at
<https://wexfordcoco.ie/clubs>

Active Disability Ireland

Sport Inclusion
Disability Charter
clearly outlines the
five key areas people
with disabilities are
asking
all
organisations
to
consider in making
active and healthy
lifestyles possible for
them.

Check it out
<https://bit.ly/424ww0Q>

Tutors – Expression of Interest



Are you passionate about getting people moving and feeling great?

We're looking for enthusiastic tutors to register their expression of interest in delivering fun, inclusive physical activity sessions across our community.

Whether you work with adults, older people, children, or specific groups — we'd love to hear from you!

- 👉 What we're looking for:
- ✓ Qualified or experienced tutors
- ✓ Positive, motivating energy
- ✓ A love of helping others be active

Interested?

Complete our Expression of Interest form today and be part of something that makes a real difference!

👉 <https://bit.ly/4jE00TF>

Mum and Baby Duathlon

Mums, bring your little ones and join us!

Triathlon Ireland & Sports Active Wexford are offering a free* 5 week Mum & Baby Duathlon Programme starting Thursday 22nd January in Wexford.

Run, cycle, and have fun in a relaxed, supportive environment – babies and toddlers up to 2 welcome! 🚴‍♂️👶

👉 Register your interest book via the Course Calendar at TriathlonIreland.com

✉️ Contact jo@triathlonireland.com to find out more

*Triathlon Ireland Club Training Membership required (€40)



Safeguarding 1

Safeguarding 1, Basic Awareness Course coming up with Sports Active Wexford on 29th January, held over zoom from 6.30pm – 9.30pm. Cost €20.00

To book:

<https://www.eventbrite.ie/e/copy-of-safeguarding-1-basic-awareness-course-tickets-1814366050699?aff=oddtdtcreator>



Are you over 50 and would like to get moving in the New Year?

Our 6 week Fit over 50 exercise programme is commencing on 28th January for 6 weeks, and is suitable for all fitness levels. This programme is open to both men and women, but places are limited!

Cost €30.

Register:

<https://www.eventbrite.com/e/fit-over-50s-6-week-exercise-programme-tickets-1979986503933?aff=oddtdtcreator>

Fit Over 50

Suitable for all fitness levels!

FIT OVER 50
6-WEEK EXERCISE PROGRAMME

Kilanerin Community Centre

Start Date: Wednesday 28th January, 4th, 11th, 18th, 25th Feb and 4th March

Times: 11am - 12noon

€30 for 6 weeks

BOOKING IS ESSENTIAL AS SPACES ARE LIMITED

FOR MORE INFORMATION, CONTACT NICOLA COLLINS
NICOLA.COLLINS@WEXFORDCOCO.IE

SPÓRT ÉIREANN
SPORT IRELAND

Comhairle Contae Loch Garman
Wexford County Council



Some of the Sports Active Wexford Team



Fran Ronan - LSP Co-Ordinator - fran.ronan@wexfordcoco.ie

Will Doyle - Temporary Programme Manager - william.doyle@wexfordcoco.ie

Ben Hunt - Physical Activity for Health Officer - ben.hunt@wexfordcoco.ie

Anna Flynn - ESF+ Social Innovation in Sports Officer - anna.flynn@wexfordcoco.ie

Alina Andrei - New Ross Hub Co Ordinator

Nicola Collins - Community Development Officer - nicola.collins@wexfordcoco.ie

Bridget Kenny - Communications Officer - bridget.kenny@wexfordcoco.ie

Mary T Kehoe - Administrator - maryt.kehoe@wexfordcoco.ie