

MARCH 2026



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SPORTS ACTIVE
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NEWSLETTER



"This strategic plan is not just a document; it is a commitment to excellence and innovation. It reflects our unwavering dedication to our mission and our determination to make a positive impact in our community and beyond"

Fran Ronan - Head of LSP, speaking about the launch of our Strategic Plan "A Roadmap to Excellence and Innovation".

START

STAY

SUCCEED

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MARCH 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)

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Recent programmes held throughout the county - Strategy Launch, Splash and Dash, VISA winner, AdventurHER programme, Fit over 50, Interview with a lady who holds 6 World Records and a visit to our Bat and Chat group!!
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Week 1 and 2 of AdventurHER Hiking programme

What a great time we had on the first 2 outings of our AdventurHER programme! Week one we had sunshine and snow on Deepark Mountain in Bunclody. The scenery was fabulous and all the ladies had a wonderful time.

Week 2 didn't disappoint either. This time we headed for Coolmelagh Walking Trail in Bunclody.

We can't wait for week 3!





Volunteer in Sport Award Winner for Wexford

Well done to John Joe Doyle from DMP Athletics Club who has been named as the Wexford Volunteer in Sport and received his award at the Federation of Irish Sports Awards ceremony recently in Dublin.

John Joe has given years of dedication to the sport he loves. From countless committee meetings, to coaching sessions in all weather, attending county, regional and national competitions the length and breadth of the country and even cutting the grass and maintaining the track, the list goes on.

Well done John Joe, so well deserved.



Strategic Plan Launch – Review Video

A brilliant day celebrating the launch of our Strategic Plan! **Take a look back at the review video here: https://www.instagram.com/reel/DVyiZZcE7ov/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==**

It was fantastic to bring together partners, steering committee, tutors, participants and supporters who share the same vision — helping more people across our county enjoy the benefits of being active.

This plan sets an exciting direction for the years ahead, with a strong focus on creating more opportunities for everyone to move more, feel better and be part of active communities.

A huge thank you to everyone who joined us and continues to support the journey. Together we can make being active a normal part of everyday life for people of all ages and abilities.

Let's keep the momentum going!

Check out our Strategic Plan here: <https://www.wexfordcoco.ie/community-and-sports/sports-active-wexford/governance>



Fit over 50

Well done to our Fit over 50 ladies who completed their 6 week programme during Women In Sport Week in Kilanerin. Great effort put in by everybody during the weeks and smiles all round.

Many thanks to our tutor Stephanie from The Fit Boss for putting the ladies through their paces each week.



Activator Pole Demo

Nicola, our Senior Sports Development Officer, was joined by some fantastic ladies as she gave them a full demo on how to use Activator Poles correctly in Gorey Library during Women in Sport Week. This demo was part of the International Women's Day Celebration in Gorey Civic Building & Library.

Did you know you can rent Activator Poles from your local library? Why not give them a go!



Splash and Dash

Well done to the Students from Coláiste An Atha who participated in the Splash and Dash event in collaboration with Triathlon Ireland & Sports Active Wexford.

Lots of effort was put into the running session at Enniscorthy Sports Hub and the cycling and swimming sessions at the Waterfront Pool & Leisure Centre, Enniscorthy. This finale event comes at the end of a 6-week Triathlon Ireland Tri Captains programme where over 60 students participated in running & cycling sessions in their school.

Well done!



Bat and Chat Group Catch Up

Movement, laughter and plenty of chats - that's what our Bat and Chat table tennis programme for people with Neurological Conditions is all about! 🏓🗣️

But don't take our word for it! We popped in recently to see how the gang were getting on and to chat with them about how chasing the little white ball has helped them stay active, make new friends and plenty of fun.

There's always room at the (table tennis) table, so anybody with a Neurological Condition who would like to join, just come along to Newbawn Hall on Fridays at 10am or contact Newbawn Raheen Table Tennis Club. You would be most welcome.

Take a listen to what the group had to say especially Mary's poetry skills at the end!

Check out the video here:

https://www.instagram.com/reel/DVlwiLKDFj6/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



Interview with the amazing Anne Gilshinan

Meet the unstoppable Anne Gilshinan – holder of SIX world records (and a 7th one pending!) and proudly crowned European Middle Distance Female Athlete of the Year 2025.

Anne proves that age is just a number and that it's never too late to chase new goals, smash records, and feel the joy of movement. Her passion, determination, and love of sport inspire us all to lace up, get moving, and believe in what's possible.

She is not only a record breaker, but a true leader who encourages others to get active.

Whether you're taking your first steps, returning to activity, or striving for your next personal best – let Anne's story inspire you.

Take a listen here: https://www.instagram.com/reel/DVbumveEUCQ/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==



A Playful Street, New Ross



What is a Playful Street?

Playful Streets are run by communities and are a low cost, safe and easy way to turn your street into a play space, by limiting access to vehicles for a few hours and opening streets to play. At Playful Streets children and neighbours can safely play and socialise outside – just like you did when you were young ! This programme is supported by Healthy Wexford through the Healthy Ireland fund.

What is the New Ross Playful Street Pilot?

Sports Active Wexford have partnered with A Playful City to support communities in New Ross who wish to run Playful Streets in 2026. If your community is selected to be on the pilot you will run a Playful Street on at least two Playful Street pilot days*

Once you have been selected to be on the pilot you will receive a handbook and other resources to help you.

Wexford County Council will support you by reducing access to vehicles to your street on the Playful Street pilot days, so your street can be opened for play. A Playful City will help get you get started, and will be there to answer questions over the course of the pilot.

*Pilot Dates: 13th June, 29th August and 3rd October

Who are playful streets for?

Playful Streets are for everyone and often act as a reminder to adults of the freedom they had to play on their own streets as children. Remember Red Rover, Tip the Can and Hopscotch?

Many children today have never heard of lots of these street games. Playful Streets allow people from all ages and backgrounds to teach children the games they used to play.

In this sense, play can bridge gaps, your street feels safer and friendlier and children are more physically active.

Register your interest to join the New Ross Playful Street Pilot Scheme 2026 here: <https://www.eventbrite.ie/e/expression-of-interest-new-ross-playful-street-tickets-1982960540356?aff=oddtcreator>

By registering your interest, you are letting Sport Active Wexford and A Playful City know that your community would like to be a part of the Playful Streets Pilot Programme 2026

Even if your community isn't selected for the pilot this year, we hope it will be a part of a wider playful street programme in 2027.

Club Training Grant – Funding Alert!



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Max
€600

Club Training Grant 2026

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

Follow us on social media



053 9196557

sports.active@wexfordcoco.ie

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LOCAL SPORTS PARTNERSHIPS

 Comhairle Contae
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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>

Sports First Aid

Ready to Step Up When It Matters Most? In sport, every second counts. Would you know what to do if a teammate, player, or child needed help?

Our Sports First Aid Course gives you the confidence and skills to respond quickly and calmly.

Whether you're a coach, volunteer, parent, player, or supporter, this training could make all the difference on match day.

- ✓ Practical, hands-on learning
- ✓ Sport-specific scenarios
- ✓ Build confidence on and off the pitch

Because safety is a team sport.

 Book your place today and be match-ready for anything!

<https://www.eventbrite.com/e/sports-first-aid-training-tickets-1982875946333?aff=oddttdcreator>



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SPORTS FIRST AID TRAINING

 Newtown Park Hotel, Wexford

 Sat 28th March, 9am - 4pm

€ €50

**Confidence on the sideline starts here!
Stay calm. Step Up. Make a Difference.**

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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 Access 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

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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: March 27th and April 10th with option of 2 time slots. For more information and to book your place, please see:

<https://bit.ly/4keaV6R>

AdventurHER Programme

AdventurHER Programme 

Practice outdoor adventure activity skills through enjoyable walking sessions

Location & Dates:

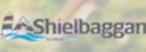
- Week 1 - 6th March - Deerpark Mountain, Bunclody,
- Week 2 - 13th March - Coolmelagh Walking Trail, Bunclody
- Week 3 - 20th March - Forth Mountain, Carrigfoyle Quarry Trail
- Week 4 - 10th April - White Mountain, Rathnure,
- Week 5 - 17th April - Askamore Woods, Gorey,
- Week 6 - 1st May - Annagh Hill, Ballythomas, Gorey

Time: 9.30am – 2pm
 Fee: €3 per session

Outdoor Adventure-based walking programme open to women of all fitness abilities

What to expect
 Learn basic navigational skills,
 Increase knowledge of regional flora & fauna & leave no trace principals,
 Add nature-based experiences to your toolkit,
 Build social connections through shared experiences

Adv

Still places available on the last two outings on our AdventurHER programme in Askamore Woods and Annagh Hill. This programme is an outdoor adventure based walking programme open to women of all fitness abilities. Cost is €3 per session.

To book your place, <https://t.co/7PYYiITIJs>

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.

A series of public engagement events have also been arranged to gather information and proposals for both plans for each municipal district:

- Wexford: 6pm, 24th March 2026, Newtown Park Hotel, Newtown Road, Wexford.
- Rosslare: 7.30pm, 24th March 2026, Newtown Park Hotel, Newtown Road, Wexford.
- New Ross: 6pm, 25th March 2026, Brandon House Hotel, New Ross.
- Enniscorthy: 6pm, 25th March 2026, Riverside Park Hotel, Enniscorthy.
- Gorey Kilmuckridge: 6pm, 26th March 2026, Ashdown Park Hotel, The Coach Road, Gorey.

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

Public Engagement Events – have your say in person:

Wexford: 6pm, 24th March 2026 at Newtown Park Hotel, Newtown Rd.

Rosslare: 7.30pm, 24th March 2026 at Newtown Park Hotel, Newtown Rd.

New Ross: 6pm, 25th March 2026 at Brandon House Hotel.

Enniscorthy: 6pm, 25th March 2026 at Riverside Park Hotel.

Gorey Kilmuckridge: 6pm, 26th March 2026 at Ashdown Park Hotel.



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

County
Outdoor
Recreation
Plan



Local Sports
Plan



Children &
Young
People
Survey



LSP and
CORP –
Stakeholder
Survey



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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