

MAY 2026



LOCH GARMAN
GNÍOMHACH TRÍ SPÓIRT
SPORTS ACTIVE
WEXFORD

SPÓRT ÉIREANN

NEWSLETTER



“At the moment, we are doing a series of table tennis games and we are being taught from the beginning how to play the game. Some people are very rough, I can tell you! They really don't care where the ball hits you. Not mentioning any names! But it's really lovely. I really enjoy myself here and I am so glad I have come”.

94 year old Joan Duggan, participant of our VI table tennis programme.

START

STAY

SUCCEED

CONTENTS

MAY 2026

WWW.WEXFORDCOCO.IE/SPORTSACTIVE



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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Orienteering Course

Ready to Go Orienteering Course

Success in Enniscorthy!

13 teachers are now ready to bring orienteering to their students following a collaborative workshop between Orienteering Ireland and Sports Active Wexford. All teachers headed home with new skills, game ideas, and fully funded equipment starter packs.

Special thanks to St. Senan's Primary School for being such great hosts.



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>





Woodlands for Health

We are on our 6th week of woodlands for health, a 12-week woodland walking initiative which is run in collaboration with HSE occupational therapists and Mental Health Ireland integrated exercise practitioner (IEP).

Recently we were up at Skeeter Rock on Forth Mountain with a fantastic view of the south coast of Co. Wexford.

Her Moves Self Defence

A huge shout-out to the students from Our Lady of Lourdes, New Ross, and FCJ Bunclody who recently took part in the Her Moves Self-Defence programme guided by Instructor John from Chos Tae Kwon Do Wexford.

This initiative is all about empowering girls to get moving while boosting their confidence in a fun, social environment. It is essential to provide teenage girls with these social, non-competitive spaces to thrive. Thank you to the dedicated teachers who facilitated the programme, and best of luck to all the girls in their future endeavours!



Visually Impaired Table Tennis

We called down to the Lochrann Centre in Wexford town on this week to check out how the participants were progressing with our Visually Impaired Table Tennis 6 week programme which we are running in conjunction with Table Tennis Ireland and Vision Ireland.

We spoke with Joan, a 94 year old lady who told us all about the fun and enjoyment had every Monday, and how some people don't take it easy on her!

Take a look at this inspiring group!

[VI Table Tennis video](#)



Visually Impaired Table Tennis with Table Tennis Ireland



Bridgetown Community Park

Sports Active Wexford was delighted to attend the official opening of the latest projects of the Youth Adds Value Project in Bridgetown Community Park recently. This is the 2nd year of the project where TY students from Bridgetown Vocational College put forward ideas of projects they would like to see in their area.



This year they came up with the idea of a covered seating area, solar lights for the walking track and outdoor table tennis. Sports Active Wexford were delighted to assist with funding for the latter.



Well done to the students, school staff and staff of Rosslare M.D. for bringing these ideas to life.



Are you living with a respiratory condition such as COPD or Asthma?

Join us for our 7-week singing, breathing and movement programme in Clonard Community Centre, Wexford. Strengthen your respiratory system and improve lung capacity with specialized singing techniques and breath-based exercises.

This programme will be run by a vocal coach who has experience in coaching singing, breathwork and mindfulness for various walks of life and conditions.

Register:

<https://www.eventbrite.ie/e/breathe-well-sing-and-move-for-respiratory-conditions-tickets-1989015492882?aff=oddtcreator>

Breathe Well Programme

Breathe Well: Sing and Move for Respiratory Conditions

- Clonard Community Centre, Y35 YV0F
- 10am-11am
- Wednesdays 20th May - 1st July
- For anyone living with a respiratory condition such as COPD or Asthma
- €20 for full 7 week programme

SPORTS ACTIVE WEXFORD | SPÓRT ÉIREANN SPORT IRELAND | HE | LOCH GARMAN GNÍOMHACH TRÍ SPÓRT SPORTS ACTIVE WEXFORD

Safeguarding 1 Course

SAFEGUARDING 1
BASIC AWARENESS COURSE

- Thurs 21st May
- Zoom
- 6.30pm - 9.30pm
- €20

Places are limited! Contact the office on 087 - 6937764 or email sports.active@wexfordcoco.ie

PRE-PAYMENT IS ESSENTIAL FOR COURSE TO PROCEED

LOCH GARMAN GNÍOMHACH TRÍ SPÓRT SPORTS ACTIVE WEXFORD

Safeguarding 1, Basic Awareness Course coming up with Sports Active Wexford, held over zoom from 6.30pm - 9.30pm on 21st May. Cost €20.00

Register:

https://www.eventbrite.com/e/safeguarding-1-basic-awareness-course-tickets-1988822455502?aff=oddtcreator&keep_tld=true

Physical Activity Promotion Grant



LOCH GARMAN
GNÍOMHACH
TRÍ SPÓIRT
SPORTS ACTIVE
WEXFORD
— SPÓRT ÉIREANN —

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**

**LOCH GARMAN
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WEXFORD**
SPÓRT ÉIREANN

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**

Volunteer

COACH

053 9196557

sports.active@wexfordcoco.ie

SPORT IRELAND
LOCAL SPORTS PARTNERSHIP

**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>

Teenage World Cup Festival



Teenager World Cup Festival

World Cup themed festival in the lead up to the 2026 FIFA World Cup

Suitable for all teenagers, girls & boys. 'Dutch League' style format

-  Glynn Barntown AFC
-  Commencing May 22nd for 6 wks
-  6pm
-  Free
-  Register on the first night

 LOCH GARMAN GNIOMHACH TRI SPOIRT SPORTS ACTIVE WEXFORD

 **LAIT**
Foireann Údarás Aitiúil um Imeascadh
Local Authority Integration Team

 Comhairle Contae Loch Garman Wexford County Council

 SPÓRT ÉIREANN SPORT IRELAND

 WEXFORD FC

Sports Active Wexford are delighted to launch our Teenager World Cup Festival, in collaboration with Wexford FC and the LAIT.

6 weeks of fantastic soccer commences this Friday at 6pm at Glynn Barntown AFC with registrations on the night. This festival is suitable for all teenagers and will be played in a "Dutch League" format.

Come along and join in the fun!

Lunch Circuits??

Lunch circuits anyone??

Get ready to recharge your day with Lunch Circuits!

This is a 6-Week mixed ability circuit training in Clonard Community Centre, open to all levels!

Perfect for anyone looking to mix things up, boost their energy and get their workout done during your lunch break.

Places are limited, booking is essential!

Sign up online here: <https://www.eventbrite.ie/e/lunch-circuits-tickets-1988897823931?aff=oddtcreator>



Lunch Circuits
Mixed ability circuit training
open to all levels

AdventurHER Programme

-  Clonard Community Centre
-  Starting on Friday 29th
May for 6 weeks
-  Time: 12.45-1.45pm (Fridays)
-  Fee: €30

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Wexford
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Lowland Leader Open Day



Lowland Leader Open Day in Bunclody, Wexford

Delivering by WWETB & Get Ireland Walking and supported by Sports Active Wexford, this open day is for people who are interested in walking activities, outdoor leadership, and becoming part of growing walking networks within their communities. This Open Day will include a guided walk, led by a qualified Lowland Leader who will share their personal experience of the course and the opportunities it has created for them.

 Date: Saturday, 27 June 2026

 Venue: Bunclody FET Centre, Co. Wexford

 Information Session: 9:30am – 2:00pm

  Guided Walk (Booking Required)

 Start Time: 11:30am

 Meeting Point: Deerpark Car Park

 Duration: Approximately 2.5 hours

 Distance: Approximately 6km

Booking required for Guided Walk through Eventbrite booking link:
<https://bit.ly/4nA9rpa>



wwetb
Bord Oideachais agus Oiliúna
Phort Láirge agus Loch Garman
Waterford and Wexford
Education and Training Board

**LOWLAND LEADER
INFORMATION DAY**
27th June 2026
Bunclody

Supported by

MOUNTAINEERING IRELAND GET IRELAND WALKING LOCH GARMAN GNÍOMHACH TRÍ SPÓIRT SPORTS ACTIVE WEXFORD

Changing Gears

Age and Opportunity are holding an event called "Changing Gears" in Whites of Wexford in May and June. This programme supports people to manage transitions/change in mid to later life.

Find out more: <https://ageandopportunity.ie/engage/changing-gears/>



Age & Opportunity are delighted to offer **Changing Gears** in Wexford this May and June 2026.

Changing Gears is a course designed to boost wellbeing and resilience for those aged 50+ years. It supports people to manage transitions/change in mid to later life. The change may be to do with: retirement, having more free time, bereavement, job-loss, ill health, becoming a carer or relationship breakdown. Its aim is to: help participants to identify what has served them well to date in life, the successes and challenges they have experienced, what supports they have in their lives and what they may need to put in place, and/or discard, for the next stage of life. It aims to lay the foundations for a positive and fulfilling approach to mid/late life.

How does it work?

Changing Gears runs over 5 weeks with weekly sessions of 2 ½ hours. It offers participants time to:

- Develop skills and techniques build resilience and confidence in managing life-changes or transitions
- Reframe change as opportunity with positive options and also challenging negative stereotypes about ageing

This course had been funded by the HSE and is free of charge. Participation requires attendance at each of the five sessions.

"I am really enjoying the presentation, the interaction, the musical content and the general dynamic of the class. I look forward to attending the class in The Lexicon every Wednesday. Wishing you every success in your important work in Age & Opportunity"

Teresa, Dublin. Changing Gears participant, March 2025

"I want to thank the HSE for funding this wonderful course Changing Gears. I enjoyed the weekly sessions and was sorry when it came to an end. Everyone I spoke to afterwards had enjoyed it too. The course was very well presented by Brian, each week brought something new to think about. Again, many thanks".

Vivienne, Louth. Changing Gears participant, March 2025

Venue: Whites of Wexford, Abbey Street, Wexford Y35 C5PF

Dates: Wednesdays 20, 27 May and 3, 10 and 17 June 2026

Times: 11.00 to 13.30 (Refreshments will be provided)

To book your place please contact Fiona on engage@ageandopportunity.ie or call on 01 9133922

Who are Age & Opportunity?

Age & Opportunity is the national organisation creating opportunities that empower older people to enhance individual and community wellbeing through participation in physical activity and recreational sport, arts and creativity, personal development and active citizenship initiatives.

Visit our website: www.ageandopportunity.ie

Age & Opportunity is funded by





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



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