

NOVEMBER 2025



LOCH GARMAN
GNÍOMHACH TRÍ SPÓIRT
SPORTS ACTIVE
WEXFORD

SPÓRT ÉIREANN

NEWSLETTER



Not only does exercise keep the body young, but it also keeps the mind vital and promotes emotional well-being. The important thing is to start off slowly, find physical activities you enjoy, and do them regularly.

Deepak Chopra

START

STAY

SUCCEED

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NOVEMBER 2025

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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 - UV Glow in the Dark Physical Activity Roadshow, Teacher Volleyball training, Bat and Chat, Gym programme
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Upcoming Events & Courses
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Contact Us!



Volunteer in Sport Awards 2026



Volunteer in Sport Awards 2026

Nominations for the 2025 Volunteers in Sport Awards are now LIVE! We are asking all Clubs in Wexford to get behind their Volunteers and vote! We want to celebrate the people who give up their time and are so important to their Clubs. Last years deserving winner in Wexford was Nicky Haberlin from New Ross Rugby Club. Supported by the Sport Ireland National Network of 29 Local Sports Partnerships Nominations open from 11th November – 15th December 2025 New Club/Community Award Announced To nominate a volunteer visit <http://volunteersinsport.ie>



Community Calendar

Community Calendar 2026 launched by Wexford County Council The Community Team at Wexford County Council , which includes work under the brands of Wexford LCDC, Healthy Wexford, Sláintecare Healthy Communities, Wexford Age Friendly, Local Community Safety Partnership and Sports Active Wexford has launched its Community Calendar 2026. The calendar showcases some of our work and celebrates our Wexford communities. Copies will be available for free from your Local Municipal District Offices, at County Hall and through our Wexford Public Libraries.



Girls Intro to Gym Programme



Well done to the girls who participated in the Her Moves Introduction to Strength Training Programme for Teenage Girls in Medi-Fit, New Ross. These girls showed great commitment towards their programme and brought fantastic energy to each and every session, lots of fun while improving their confidence in a gym setting. Well done to all participants and thank you to Coach Keeley and Coach Owen to deliver this programme. Keep an eye out on our socials for more Her Moves programmes coming up!

Gear Swap Survey

Calling all
Sports Clubs!

myclub
mywaste

My Waste are currently working on a Gear Swap research project, and to complete the research they are running a national survey on Gear Swapping in Clubs. There is a €1000 prize for a lucky club up for grabs! Link here

<https://sphinxonline.com/surveys/ever/s/INTERACTIONS2/MembersSurvey/questionnaire.htm>



WELCOME ALINA

Alina has commenced with us as New Ross Hub CoOrdinator. We would like to give a very warm Sports Active Wexford welcome to Alina. We know she is doing to do a great job.

Alina can be contacted

Tel: 053 919 6186

Mob: 087 408 9753

E-mail:

alina.andrei@wexfordcoco.ie



Women in Sport Summit 2025

Well done to our Community Sports Development Officer Nicola, who was a panelist at the Women in Sport Summit 2025, in Blanchardstown supported by our ESF+ Social Innovation in Sports Officer Anna.

Nicola, along with the other panelists Lyn Savage, Anna Grealish and Benny Cullen, explored how we can better support women and girls through every stage of life in sport, from organised teams to personal fitness. With the participation gender gap now narrowed to just 3%, the panelists highlighted the importance of targeted programmes, from gym membership to club participation. The panel noted that while the direction of travel is positive, reaching new audiences, particularly within minority and marginalised groups, remains key to closing the gap even further.



Club Coach of the Year

We are very proud of our Co Ordinator Fran Ronan, who won the Swim Ireland Club Coach of the Year recently for her work at New Ross Swimming Club. Well done Fran, very well deserved.



Wellbeing and National Drugs Strategy

Minister for Health Jennifer Carroll MacNeill, Minister for Culture, Communications and Sport Patrick O'Donovan, together with Minister for Public Health, Wellbeing and the National Drugs Strategy Jennifer Murnane O'Connor and Minister of State with responsibility for Sport and Postal Policy Charlie McConalogue recently launched the

National Physical Activity Framework 2024–2040. The framework sets out Ireland's ambitious vision to become the most physically active population in Europe by 2040 by creating enabling environments. The framework's objectives will be driven by three action plans, the first of which is being published today. View here for more info: <https://gov.ie/en/healthy-ireland/policy-information/healthy-ireland-policies/#physical-activity>.



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>

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>

Friends Together New Ross Youth Club



Well done, everyone! A huge congratulations to all the amazing young people who've been taking part in our self-defence classes over the past few weeks at Friends Together New Ross Youth Club! You've shown fantastic enthusiasm, teamwork, and determination — and it's been incredible to see your confidence and skills grow with each session. A big thank you to John for delivering such fun, dynamic, and empowering classes — the energy and excitement you bring have made a real impact! Keep up the great work, everyone — you should all be so proud of yourselves!



ChairFIT, Enniscorthy

Looking for a low intensity exercise programme in the evening time? ChairFIT is all about low impact, energizing exercises you can do while sitting down. Perfect for anyone wanting to improve their strength and mobility in a controlled environment. Join us in person for this 4-week chair-based exercise programme. All abilities welcome, limited spaces so booking is essential! Register online: <https://eventbrite.ie/e/chairfit-strength-and-mobility-exercise-programme-tickets-1960471907249?aff=oddtcreator>



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ChairFIT (Strength & Mobility Exercise programme)

IFA Centre, Enniscorthy

6 - 6.45pm

Tuesdays
18th of November - 9th of December

Perfect for adults who wish to improve their strength and mobility

€15

All abilities welcome!

Comhairle Contae Loch Garman Wexford County Council

SPÓRT ÉIREANN SPORT IRELAND

Safeguarding 1

Safeguarding 1, Basic Awareness Course coming up with Sports Active Wexford on 12th October, 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=oddtcreator>



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SAFEGUARDING 1

Basic Awareness Course

12th November
6.30pm - 9.30pm
Zoom
€20.00

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

PRE- PAYMENT IS ESSENTIAL FOR COURSES TO PROCEED

Comhairle Contae Loch Garman Wexford County Council

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Are you living with a long term condition and wish to try out chair yoga?

This is a gentle form of yoga that is practiced while seated or with the support of a chair and is accessible to all abilities. This class will aim to help you improve flexibility, strength, balance and of course relax!

No previous experience needed. This free programme starts 4th Nov, 2pm - 3pm in Clonard Community Centre, Wexford.

Sign up:

<https://www.eventbrite.ie/e/chair-yoga-for-chronic-conditions-clonard-tickets-1838273307949?aff=oddttdtcreator>

Chair Yoga for Chronic Conditions



Chair Yoga for Chronic Conditions

Clonard Community Centre, Y35 YV0F

2 - 3pm

Tuesdays
4th Nov - 9th December

For adults living with a chronic or long term condition, including:

- Neurological
- Cardiac
- Respiratory
- Diabetes
- Chronic Pain/Arthritis

Free

Clonard Community Centre
Loch Garman
Wexford County Council

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Disability in Sport Week 2025



National Disability in Sport Week runs from December 1st to December 7th and is a vital initiative because:

1. It raises awareness of the positive work LSP, NGB and funded bodies to help support people with disabilities to access sport and physical activity.
2. It celebrates the achievements of disabled athletes, advocates and community champions as a grassroots level.
3. It promotes the five Pillars of Disability in Inclusion in Sport policy: Leadership, Capacity, Communication, Change, and Access.
4. It strengthens collaboration between local clubs, Local Sports Partnerships, and national bodies.
5. It aligns with global recognition through the International Day of Persons with Disabilities (3 December).
6. It reinforces sport and physical activity as a fundamental human right.
7. Share one united message: Equal Access. Equal Voices. Equal Futures.

Keep an eye on our social media during the week for important stories





Some of the Sports Active Wexford Team



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

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