

OCTOBER 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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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.

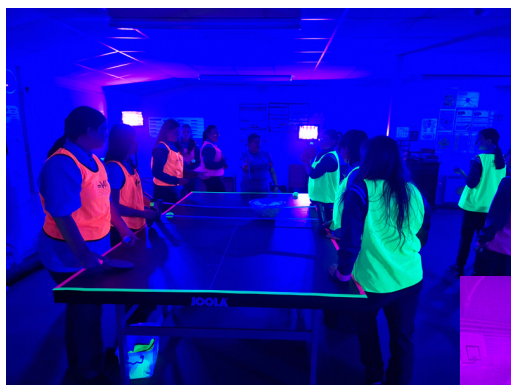
Our vision is for Wexford to be a county where all people are encouraged to:

- 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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UV Glow in the Dark Physical Activity Roadshow



Her Moves Glow in the Dark Roadshow – What a Blast! 🌟

Last week we wrapped up our Glow in the Dark Physical Activity Roadshow, and wow — what an incredible journey it's been!

Over 700 girls from 5 secondary schools got moving, glowing, and having fun through dance, fitness, and games — all part of the Her Moves movement encouraging girls to get active, confident, and connected! 💪

A massive shoutout to all the amazing instructors who brought the energy, and to the teachers and schools who made it all possible. 🌟

You truly helped make County Wexford shine bright!

Bat and Chat

What a fantastic 5 weeks it's been! Our Bat & Chat sessions brought together an amazing group of people living with neurological conditions, sharing laughter, rallies, and plenty of friendly competition.

A huge thank you to everyone who took part — your energy, positivity, and camaraderie made every session special. And a big thanks to Ivana from Table Tennis Ireland.

Whether it was your first time holding a bat or you're a seasoned pro, you showed that movement, connection, and fun truly go hand-in-hand!



Gym programme

Big shout out to all the participants in our Gym programme which started recently in Medi Fit New Ross. This 8 week gym based exercise programme is for anyone living with a cardiac condition or a metabolic condition.



Teachers Volleyball workshop

Recently teachers from around County Wexford took part in a Volleyball Teacher Training workshop in Astro Active Enniscorthy. Delivered by Volleyball Ireland, this workshop provided the teachers with the skills and knowledge to implement a six-week volleyball programme in their school. Volleyball is a fantastic non-contact sport which encourages the inclusion of all children in the classroom to participate. Thank you to Joe from Volleyball Ireland for facilitating this workshop.



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>

Great opportunity for Anna



In October, our ESF+ Social Innovation in Sports Officer Anna, was selected to take part in an Erasmus+ You Sports Mini Study in Rennes, France.

Anna had the fantastic opportunity to connect with peers from across the EU, exploring the barriers, challenges, and opportunities faced by young people in marginalised communities — and how sport can be a powerful tool for inclusion and empowerment.

It was an inspiring experience learning from the incredible work of Breizh Intersectional Sport in Rennes.

Anna is now excited to bring back fresh ideas and innovative approaches to support the communities she works with right here in Wexford. 🌟



New To Tri

New To Tri Programme coming to Wexford in collaboration with Triathlon Ireland!

Starting the 26th of October for six weeks for beginners – no previous experience needed. Why not give triathlon a try in a fun and social environment? Indoor Pool Swim in Whitford Leisure Centre, Bike & Run Sessions in Min Ryan Park For further information and registration click <https://triathlonireland.com>



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>

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

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Loch Garman
Wexford County Council

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