

SEPTEMBER 2026



LOCH GARMAN
GNÍOMHACH TRÍ SPÓIRT
SPORTS ACTIVE
WEXFORD

SPÓRT ÉIREANN

NEWSLETTER



"I will not let age change me. I will change the way I age!"
Hannah Dawson

START

STAY

SUCCEED

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SEPTEMBER 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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Fun in the Sun 2026



During the July and August, we had a very successful “Fun in the Sun” campaign with free camps being held in 6 different locations across the county. Kids were able to try out sports like kickboxing, GAA, soccer, cricket, rugby, yoga and calenstenics. We had over 500 kids join us and the weather was definately on our side.

Take a little look behind the scenes and hear from Will Doyle, Programme Manager with Sports Active Wexford, about why this event is one of the highlights of our year!

Check it out here:

<https://www.wexfordcoco.ie/community-and-sports/sports-active-wexford/news/fun-in-the-sun-camps>

CHECK
IT OUT
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Wexford Camogie

Well done to Wexford Camogie who utilised the Volunteer Support Club Training grant from Sports Active Wexford to carry out Referee CPR and First Aid training recently.

Keep up the good work!



Gym Programme for Cardiac and Metabolic Conditions



All smiles at the last session of our Gym programme for Cardiac and Metabolic Conditions in Medi-Fit, New Ross at the start of the month.

Well done guys 🙌🙌

Rás na mBan, Gorey

Will, our Programme Manager along with Clinton Donvovan, Walking and Cycling Officer with Wexford Co Co attended Gorey Town Park on September 3rd for Stage 2 of Rás na mBan which started and ending in Gorey.

Looks like a great event!



Adapted Bikes on SE Greenway

Did you know, we hold bi weekly taster session on the SE Greenway with our adapted bikes?

Would you like to give them a go? Why not come along and try them out.

Take a look from one of our recent trips on the Greenway with some of the guys from Cumas, New Ross



Video can be viewed here:

<https://www.wexfordcoco.ie/community-and-sports/sports-active-wexford/inclusion>



Activators for All



The sun was out for our last "Activators for All" session in Min Ryan, Wexford town.

This was a 6-week programme that was open to people living with or without long term conditions. There were 2-levels available to participants each week, which allowed a mixture of abilities and fitness levels to take part.

Many thanks to our tutor, Theresa Roche for taking the sessions.

Do you know that Activator Poles are available at our local library?

Congrats Fran



Our Co Ordinator Fran was recently with the coaching team for the World Para European Aquatics Championships recently.

Congrats to the whole team on a very successful week.

Mary T is retired!



We had a day of celebration last Monday as we bid a fond farewell to our admin, Mary T as she retired after 40 years service with Wexford County Council.

We were very lucky as a Local Sports Partnership to have Mary T as our admin, the glue that held us all together. She was a bundle of fun and energy and will be sorely missed by us all.

We wish her nothing but good health and happiness in her retirement.



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Adapted Bike Taster Sessions on the South-East Greenway



Available Bikes

- 1 x Axxess E3 Quad
- 1 x Trigo Trike
- 1 x Wheelchair Platform Bike

Dates

- July: 10th & 24th
- August: 14th & 28th
- September: 11th & 25th
- October: 9th & 23rd

Option of 2 time slots: 11am or 1:30pm
Sessions run for 1.5hrs approx.

Suitability
All suitability and information about bikes are in the overview section of the Eventbrite booking link.

Queries
For any queries, please contact sports.active@wexfordcoco.ie
Booking: <https://bit.ly/4mPWNSV>



Logos: SPORT ÉIREANN, South-East Greenway, wweb, Shielbaggan, Talisteal Gníomhach Loch Garman Active Travel Wexford

Our next Adapted Bike Taster Session is happening on the South East Greenway on September 25th

We'll have a range of bikes available to try:

- ✨ Axxess E3 Quad
- ✨ Trigo Trike
- ✨ Wheelchair Platform Bike

🕒 Two time slots available:

- 11:00am
- 1:30pm

👉 Give it a go and experience the joy of cycling in a safe, supportive environment!

Suitable for:

- ✓ All abilities
- ✓ Individuals with additional needs
- ✓ Beginners or those returning to cycling
- ✓ Anyone looking to build confidence on adapted bikes

📧 Limited spaces – booking essential!

<https://www.eventbrite.com/e/1979716622711?aff=oddtcreator>

Safeguarding 1 – Basic Awareness Course



SAFEGUARDING 1
BASIC AWARENESS COURSE

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

PRE-PAYMENT IS ESSENTIAL FOR COURSE TO PROCEED

 Wed 30th Sept
 Zoom
 6.30pm - 9.30pm
 €20



Safeguarding 1 course coming up with Sports Active Wexford, held over zoom from 6.30pm - 9.30pm.

Cost €20.00 Safeguarding 1 - Basic Awareness Course

To register: <https://www.eventbrite.ie/e/safeguarding-1-basic-awareness-course-tickets-1999259745718?aff=oddttdtcreator>

Farmers Gym Based Strength and Mobility Exercise Programme



Fit2Farm Initiative

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FARMERS GYM-BASED STRENGTH & MOBILITY EXERCISE PROGRAMME

-  Medi-Fit New Ross
-  7.30pm - 8.30pm
-  6-week programme
Start Thursday the 17th of September
-  €30 for 6 weeks
-  Registrations via Eventbrite

 An Roinn Talmhaíochta, Bia agus Mara
Department of Agriculture, Food and the Marine
  Comhairle Contae Loch Garman
Wexford County Council
  SPÓRT ÉIREANN
SPORT IRELAND

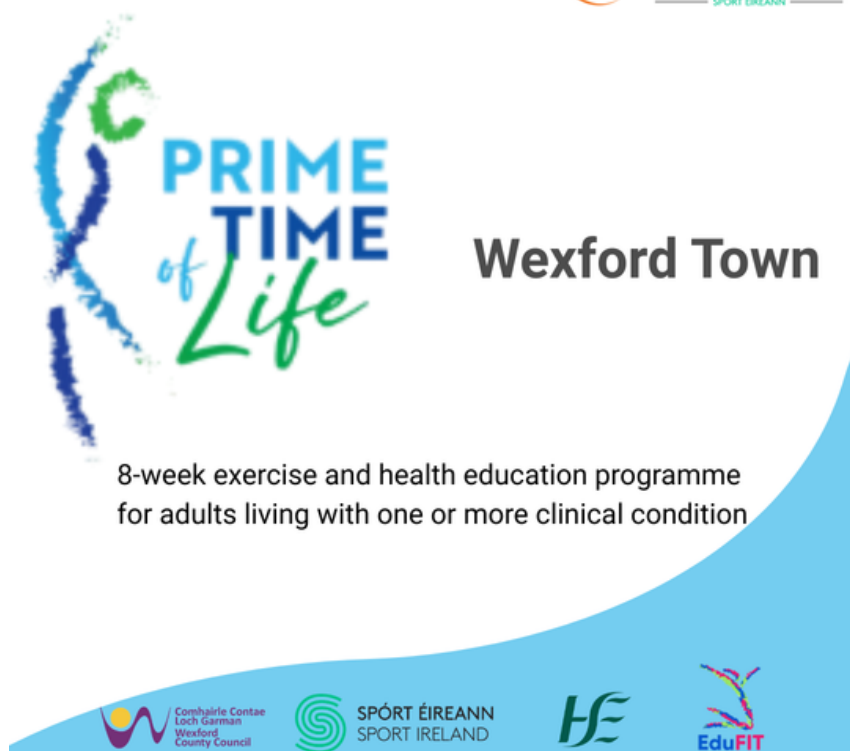
 Calling on Farmers - Do you want to increase your leisure-time physical activity in a controlled environment?

This Gym-based strength & mobility exercise programme could be for you! Apart of the Fit2Farm Initiative 2026 in collaboration with IFA Wexford, this 6-week exercise programme will consist of gentle strength & mobility exercises aiming to improving balance, flexibility and range of motion in joints.

Limited spaces, booking is essential!

Register  <https://www.eventbrite.com/e/1994937788628?aff=oddttdtcreator>

Prime Time of Life Programme



Are you living with 1 or more clinical condition? Join us for our 8-week evidence-based exercise and health education programme for middle aged and older adults (35+) living with clinical condition such as cardiac, respiratory, metabolic (diabetes), neurological, cancer recovery. It is suitable for adults of all fitness levels.

The programme will consist of x2 sessions/week on a Monday and Wednesday from 11am-12noon in Clonard Community Centre, Wexford town.

Participants will undergo pre-testing at the first session to establish base-line fitness levels. Monday's class will consist of a 45-minute exercise session and a 15-minute educational workshop each week. Wednesdays class will consist of a 45-minute exercise session.

Spaces are limited – register today to secure your spot! Link in bio to book. Medical clearance may be necessary. If you have any questions regarding this programme please email ben.hunt@wexfordcoco.ie

Sign up here: <https://www.eventbrite.ie/e/1998944783658?aff=oddttdtcreator>

Strength and Balance



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Strength and Balance for Older Adults (55+)

 Presentation Arts Centre Enniscorthy

 11:30am -12:30pm

 30th September - 18th November (Wednesdays)

 Adults (55+) who wish to improve their strength and balance

 €20 for the full programme

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Loch Garman
Wexford
County Council

Join us in the Presentation Arts Centre, Enniscorthy for our 8-week strength and balance programme for adults aged 55+. This programme is aimed at improving your strength, balance and confidence in movement.

Who is this for? This programme is for adults who are independently mobile but may have some concerns around their balance and wish to get a little bit stronger for their day to day activities.

What to expect? This programme will run for 8-weeks and will consist of a combination of chair-based and standing exercises. You will be taken through correct technique with various strength and balance exercises with our tutor and also be given an exercise band and booklet so you can maintain your exercise at home

Registration is essential and medical clearance may be needed before taking part.

Sign up here: <https://www.eventbrite.ie/e/1998958609010?aff=oddtcreator>



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>



Sports Active Wexford Team



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