

CASE STUDY

6 WEEK WALKING RUGBY PROGRAMME (WEXFORD & ENNISCORTHY)



Overview

Walking Rugby is an inclusive twist to rugby. It caters for all types of abilities. This programme was specifically aimed at people with disabilities and the mental health services, and was delivered by the Local Community Development Officers from Leinster Rugby. Groups from Windmill Therapeutic Training Centre, Ard Aoibhinn, Wexford Mental Health Services and Community Workshop took part.

Aims

- To provide an opportunity for people within a service to mix and socialise with other people outside of their service /group.
- To have a fun sport accessible to all, no matter what their ability is.
- To give routine to people's day as the programme was scheduled consistently on a weekly basis.
- The programme got many service users active.

Implementation

It was decided to hold both 6 week programmes in St. Joseph's Wexford and Astro Active Enniscorthy, as both locations are easily accessible and spacious. Advertising was by word of mouth and participants signed up through their service. There was no cost to service users. Numbers were limited to 30 and the Enniscorthy programme was full.

Programmes were held weekly every Thursday in Enniscorthy and every Friday in Wexford.

At the end of the 6 weeks, there was a blitz between the two locations on the final day



24 adults in Wexford: 14 males and 10 females

30 adults in Enniscorthy: 19 males and 11 females

Outcomes

Due to high numbers, a 2nd programme is being planned in both Enniscorthy and Wexford. Many service users noticed their step count before and after the session. Some service users said they missed the programme. One staff member noted that one of their service users tended to be less vocal, but after one of the walking rugby sessions, it was noted that they spoke much more on the journey home, and seemed happier. All aims were achieved.