

Wicklow Sports & Recreation Partnership

July 2020 SPC

- **Funding**

Wicklow Sports & Recreation Partnership (WSRP) received €79,025 in Dormant Account funding from Sport Ireland for Arklow Sports Hub, Sports Inclusion Disability Projects, Volunteer Supports & Leadership Supports.

National Playday - €3,000 received from the department and is to roll out National Play day (Friday 9th July) in the Direct Provision centres in Wicklow.

- **Club & Community Support Scheme**

WSRP have launched a support scheme for Club & Community groups that provide sport and physical activity with a total value of €55,000, it focuses on three areas;

These support schemes are divided into three areas as outlined below:

- **Club Support Scheme** – applications will need to demonstrate how they will recruit and retain **new members** to their activity or club
- **Women in Sport Participation Scheme** – applications will need to demonstrate how they will recruit and retain women and girls to their club/sport/activity
- **COVID 19 Community Support Scheme** – This is open to any community groups who provide physical activity opportunities to the community and require COVID related supports to return to activity in a safe way.

The closing date for applications is **Wednesday 21st of July** to get an application please email Wicklowlsp@wicklowcoco.ie.

- **Courses**

- Sports First Aid – Saturday July 24th
- Safeguarding 1 – Thursday 15th July
- Safeguarding 1 – Tuesday 17th August

#ActiveWicklow

Programmes

- Disability Inclusion Camp
 - 2 day Camp 20th & 21st of July in CP Adventure, Russborough.
 - 2 Camp times – 9:30 – 12:30 for 7-10yrs & 1-4pm for 11-14yrs
- Multi Physical Activity Programme LCA Pupils
 - A four week multi physical activity programme with the LCA pupils of St. Kevin's School, Dunlavin. HD Fitness, Blessington delivered the programme with 20 pupils taking part. The programme consisted of boxercise, yoga, Pilates and boot-camp classes.
- Men on the Move
 - An eight week exercise programme targeting men who were not physically active. This programme took place via zoom, twice a week. A total of eight men took part and on completion will receive #ActiveWicklow t-shirt.
- Pregnancy Yoga with Jo
 - A four week Online Pregnancy Yoga. This programme was suitable for 12+ weeks pregnant. A total of 15 women took part in this programme.
- Traveller Women's Dance Programme
 - An eight week dance programme targeting traveller women in Wicklow Town. This programme took place in the Crimson Park and a total of 12 women took part.
- Intro to Chair Yoga
 - A six week outdoor chair yoga programme targeting older adults 55+. Taking place in our new Community Sports Hub in Coral Leisure Centre, Arklow. A total of 10 people are taking part in this programme.
- Shed to Summit – Blessington Women's Sheds
 - Two, Five week mountaineering programmes delivered by a qualified Mountaineering Ireland leader who guide's participants on the walk and pass on some key points of information. The programme is divided into three half days and two full day experiences. A total of 12 participants are taking part will be provided with the skills to practice navigation and continue to hill walk independently. This programme is funded by Healthy Ireland.
- Youth 'Gearing Up Off Road' MTB Camp
 - Wicklow SRP in conjunction with Cycling Ireland held three, three day MTB Camps. These camps were divided into Beginners, Intermediate and a Girls Only Camp. This course is aimed at 11 -14 year olds who are new to mountain biking. The three day camp helped riders to build a foundation of skills helping them gain confidence and stability whilst on the trails. The Intermediate riders progressed their riding by correcting any bad habits, refining their skills and gain more flow and efficiency on the trails. The camps took place in Carrick Mountain, Glenealy and Avondale Forest, Rathdrum. A total of 18 youths took part. This programme was delivered by World enduro privateer mountain biker Michelle Muldoon. The Sports Room in Wicklow Town offered a 10% discount off mountain bike equipment for participants of the camp.

- Women's 'Gearing Up Off Road' MTB Course
 - Wicklow SRP in conjunction with Cycling Ireland held two, two day MTB Courses. This course was aimed at women who are new to riding who want to learn the basics skills and feel safe and in control on the trails. The course will help riders to build a foundation of skills helping them gain confidence and stability whilst on the trails. The courses took place in Carrick Mountain, Glenealy with a total of 12 women taking part. This programme was delivered by World enduro privateer mountain biker Michelle Muldoon. The Sports Room in Wicklow Town offered a 10% discount off mountain bike equipment for participants of the course.
- Women's 'Get into Golf' Programme
 - This is an eight week intro programme taking place in Blessington Lakes Golf Club once a week. 24 women are taking part in this programme and on completion will receive a reduced yearly membership rate for the club. The programme is being delivered by Pro Golfer Tom O'Neil.