

Sport Ireland Funding

- Sport Ireland have provided Wicklow Sports & Recreation Partnership with €40,000 for COVID related supports for Sports clubs and community groups related to physical activity for 2022.
- The sports partnership will target groups that have not received money from the partnership to date in particularly hard to reach areas. An ‘expression of interest’ will be used for clubs and community groups to apply and a webinar on ‘How to Apply’ will be hosted specifically for clubs and groups that qualify.
- To date the Sports partnership has made €75,878.86 available to physical activity and sports groups in Wicklow.

Sports Capital Grants

Wicklow received €3,798,529 from the Sports Capital Grants fund from 2020.

- A full list of Wicklow recipients is outlined at the end

Staff Update

Social Inclusion Development Officer (SIDO) - Clara Jenkinson.

Community Sports Development Officer (CSDO) - Denise O’Shea.

Community Sports Development Officer – Start Date TBC.

Strategic Promotions Officer – Sheena Hubbard.

Courses

Safeguarding 1	17 th January	Zoom Shillelagh Pony Club
Safeguarding 1	18 th January	Zoom Shillelagh Pony Club
Safeguarding 1	22 nd January	Zoom Arklow Geraldine’s GAA
Safeguarding 1	24 th January	Zoom – FULL
Safeguarding 2	1 st February	Zoom – FULL
Safeguarding 1	8 th February	Zoom – FULL
Safeguarding 1	15 th March	Zoom - FULL
Safeguarding 3 (DLP)	22 nd March	Zoom – FULL
Sports First Aid	12 th February	Spotlight Studio’s, Wicklow Town
Autism in Sport	7 th February	5 booked (20)

Disability Inclusion Training	9 th February	6 booked (20)
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Operation Transformation Nationwide Walk

- Operation Transformation Nationwide walk in Wicklow was virtual for 2022.

Couch to 3K

- We are running a Community based Couch to 3K programme.
- Virtual 3K takes place during Women in Sport week 7th – 13th of March – 130 participants

Ascend Women's Dance Programme

- A six week Dance Programme in collaboration with Ascend, started Monday 17th January in Spotlight Studios, Wicklow Town. This programme is for eight women who have recently moved to Wicklow Town from Afghanistan.
- A six week Swim Programme in collaboration with Ascend, starting Wednesday 19th January in Coral Leisure Wicklow Town. This programme is for eight women who have recently moved to Wicklow Town from Afghanistan. Each participant will receive an 'Activity Pack' consisting of swim hat, swim goggles and a water bottle.
- A six week Gym Programme in collaboration with Ascend, starting Thursday 20th January in Coral Leisure Wicklow Town. This programme is for eight women who have recently moved to Wicklow Town from Afghanistan.

Point 1.8 & 1.9; Inclusion & Positive, Quality and Diverse opportunities; Wicklow SRP Strategic Plan

Learn to Cycle

- Lacken NS – Cycle Right Learn to Cycle
 - 2 of the 4 ASD Units took part in a Cycle Right Learn to Cycle Programme. 12 pupils were provided with a 5 week programme over January & February.
- Arklow Learn to Cycle
 - 13 participants began a Learn to cycle course on the 3rd March
- School teacher upskilling
 - We are going to deliver teacher training for the Learn to Cycle programme.
 - A free teacher training course will be offered to teachers and SNAs to become Learn to cycle coaches.
 - Schools will have to sign up to this programme in order to avail of the Learn to cycle programme in their school.
- This will mean the sports partnership will have to send 1 instead of 2 tutors to a school to deliver the programme and will mean we can deliver in twice the number of schools in 2022/2023 term.

Online Exercise classes for Children & Teenagers with a Physical or Intellectual Disability

- Starting on 17th January, we have 12 children and teenagers registered for a 5 week programme covering, Yoga, Dance and Fun Fitness delivered each week for 30 minutes over 3 classes for the length of the programme.

Wicklow Sports & Recreation Partnership
INCLUSIVE ONLINE EXERCISE PROGRAMME - 5 WEEKS
FOR CHILDREN AND TEENS WITH A PHYSICAL OR INTELLECTUAL DISABILITY

 Dance with Zoe Mondays @4:30pm for 30 mins Starting 17th January 2022	 Fun Fitness with Lisa Thursdays @4:30pm for 30 mins Starting 20th January 2022	 Yoga with Jo Saturdays @10:00am for 30 mins Starting 22nd January 2022
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Contact Clara,
cjenkinson@wicklowcoco.ie,
(0404) 20129 to book

LET'S GET BACK TO THE SPORT

WICKLOW COUNTY COUNCIL
SUPPORTS PARTICIPATION

Online Exercise classes for Adults with a Physical or Intellectual Disability

- Targeting clients of HSE Day Care Services, this programme runs over 5 weeks starting on 17th January. 21 participants have registered and new participants from KARE in Baltinglass & Tinahely have engaged which is great, as they will hopefully take an opportunity to further their collaboration with Wicklow Sports & Recreation Partnership. The daytime exercise classes include, Yoga, Dance and Fun Fitness delivered each week for 45 minutes over 3 classes for the length of the programme. This gives the participant the opportunity to get the support of their care workers and not further burdening parents or carers with an activity to complete at home.

Wicklow Sports & Recreation Partnership
FOR YOUNG ADULTS WITH A PHYSICAL OR INTELLECTUAL DISABILITY
INCLUSIVE ONLINE EXERCISE PROGRAMME 5 WEEKS

 Yoga with Jo Mondays @12:30pm for 45 mins Starting 17th January 2022	 Fun Fitness with Lisa Tuesdays @12:30pm for 45 mins Starting 18th January 2022	 Dance with Zoe Fridays @10:00am for 45 mins Starting 21st January 2022
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Bike Week 2022

- Bike Week 2022 will take place from 14th to 22nd May 2022
- Planning is now in place re activities for the county

Pilot Project

- An Tochar GAA, Irish Deaf Society, WSRP & GAA Health & Wellbeing Committee with support from Inclusion officers of GAA, LGFA & Camogie.
- This project is to introduce the most commonly used phrases in GAA and produce a video to support this
- Coaches in An Tochar will take part in a 6 week coaching course where they will use the signs as part of their training with their nursery groups.
- Video in final editing stage and will launch shortly.