

# Sports Programmes for children with DISABILITIES

## SPORTS INCLUSION DISABILITY PROGRAMME – SOUTH DUBLIN COUNTY SPORTS PARTNERSHIP

South Dublin County Sports Partnership has recently appointed Aine Coogan as the Sports Inclusion Disability Officer (SIDO). The overall aim of Sports Inclusion Disability programme to increase the participation of people with disabilities in sport and recreational physical activity. The programme targets individuals of all ages and abilities who have an interest in participating in sport or recreational physical activity.

At present, information on all programmes that are open to people with disabilities to attend is being gathered and will be circulated on a regular basis. Below is a list of programmes currently open to children with disabilities in South Dublin.

If you require further information on the programmes below or would like to add a club/programme to the list please contact Aine Coogan, Sports Inclusion Disability Officer, South Dublin County Sports Partnership on 01-41492000 ext: 4220 or email [acoogan@sdblincoco.ie](mailto:acoogan@sdblincoco.ie)

## SUMMER CAMPS

<b>Football For All Summer Soccer Camp</b>						
The FAI are hosting a 3 day soccer camp for children with disabilities aged 5-18 years old. The camp is open to children of all abilities. Training provided by qualified FAI coaches. Please note no nursing or medication will be available on site.						
Date	Venue	Time	Age	Cost	Ability	Contact
5 <sup>th</sup> , 7 <sup>th</sup> and 8 <sup>th</sup> July	Collinstown Park Sports Centre	10am-1pm	5 – 18 years	€30	All abilities	Jim Crawford, FAI Development Officer (086) 825 1165

### **Tallaght Leisure Centre Little Adventurers Summer Camp**

This is an inclusive summer camp and open to children with mild physical /sensory disabilities. Activities include dancing, drama, Junior soccer skills, soft tennis, basketball, obstacle course, arts and crafts and swimming (last day only). All staff are trained in Code of Ethics, Good Practice for Childrens Sport and Inclusive Leisure Centre training

Date	Venue	Time	Age	Cost	Ability	Contact
<b>Week 1</b> 18 <sup>th</sup> – 22 <sup>nd</sup> July	Tallaght Leisure Centre	9.30am-12.30pm	3-5 years old	5 day camp €43	Children with mild physical or sensory disabilities.	Stephen, Tallaght Leisure Centre  (01) 4523300  info@tallaghtleisure.com
<b>Week 2</b> 25 <sup>th</sup> – 29 <sup>th</sup> July				4 day camp €35		
<b>Week 3</b> 2 <sup>nd</sup> -5 <sup>th</sup> Aug				<i>Includes free camp t-shirt and bag.</i>		
<b>Week 4</b> 8 <sup>th</sup> -12 <sup>th</sup> Aug						
<b>Week 5</b> 15 <sup>th</sup> -19 <sup>th</sup> Aug						

### **Tallaght Leisure Centre Splash Summer Camp**

This is an inclusive summer camp and open to children with mild physical /sensory disabilities. Activities include dancing, drama, Junior soccer skills, soft tennis, basketball, obstacle course, arts and crafts and swimming (every day). All staff are trained in Code of Ethics, Good Practice for Childrens Sport and Inclusive Leisure Centre training.

Date	Venue	Time	Age	Cost	Ability	Contact
<b>Week 1</b> 18 <sup>th</sup> – 22 <sup>nd</sup> July	Tallaght Leisure Centre	9.30- 2pm	6 – 12 years old	5 day camp €69	Children with mild physical or sensory disabilities.	Stephen, Tallaght Leisure Centre  (01) 4523300  info@tallaghtleisure.com
<b>Week 2</b> 25 <sup>th</sup> – 29 <sup>th</sup> July				4 day camp €56		
<b>Week 3</b>				<i>(Includes free camp t-shirt and bag).</i>		

2 <sup>nd</sup> -5 <sup>th</sup> Aug						
<b>Week 4</b> 8 <sup>th</sup> -12 <sup>th</sup> Aug						
<b>Week 5</b> 15 <sup>th</sup> -19 <sup>th</sup> Aug						

## FOOTBALL

In 2010, the FAI Football For All programme established a network of Football For All Clubs through existing community clubs. These clubs provide opportunities for children with disabilities to join the club, train and compete at FAI Football For All club festival.

<b>Football For All Programme – Sacred Heart Football Club</b>						
Football for all Programme is a programme designed for children with disabilities. No experience necessary. Training provided by qualified coaches.						
Date	Venue	Time	Age	Cost	Ability	Contact
Fridays	Killinardan Community School	5pm-6pm	5 years+	-	All abilities welcome	Jim Crawford FAI Development Officer (086)8251165

## RUGBY

Leinster Rugby strive to ensure Rugby is fully inclusive for children with disabilities. In order to support the development of disability rugby and to promote opportunities for people with a disability to access the game Leinster Rugby have assisted in the development of two club programme in the South County Dublin area for children with disabilities. The aim of these programme is to integrate children with disabilities into the game as members of existing rugby club.

<b>Tallaght Titans</b>						
New Mini Rugby programme for children aged 9-12years; no experience required. This is an inclusive programme and open to children with mild physical/intellectual/sensory disabilities. Sessions run by Ken Moore, Leinster Rugby development Officer.						
Date	Venue	Time	Age	Cost	Ability	Contact
Every Wednesday	Tallaght Leisure Centre	4pm-5pm	9-12 yrs	€2 per session	Mild Physical, Mild I.D.	Ken Moore, Leinster Rugby (087) 2832989

<b>Terenure Tigers</b>						
Club based programme run for children with disabilities. Training provided by qualified coaches.						
Date	Venue	Time	Age	Cost	Ability	Contact
Every Sunday	Terenure R.F. C	12pm	7 years +	-	All Abilities	Bernard, Terenure RFC, (086) 8044214

## CYCLING

South Dublin County Council recognises the importance of cycling for the inclusion of children in recreational activities. To address this concern South Dublin Sports Partnership will run various Learn2Cycle programmes over the coming year.

<b>Learn2Cycle Programme</b>						
<p>This 6 week programme works on the fundamentals of cycling with the aim to teach children to learn to cycle independently. This programme is run in partnership with the Cycle Safety School. With over 10 years' experience of teaching children with disabilities to learn how to school, this programme is a huge success.</p>						
Date	Venue	Time	Age	Cost	Ability	Contact
29 <sup>th</sup> Aug	Collinstown Park Sports Centre	4pm-5pm	6 years +	€30	All abilities	Aine Coogan, South Dublin County Sports Partnership (087)2963064 acoogan@sdblincoco.ie

## SWIMMING

<b>Tallaght Leisure Centre</b>						
<p>Currently run swimming lesson in association with Social Circle. Tallaght Leisure centre are happy to add additional times to what is currently available if there is a need. If you are interested in getting your child involved in swimming lessons, Tallaght Leisure provided small ratio lessons 5 children to one swim teacher for children with disabilities.</p>						
Date	Venue	Time	Age	Cost	Ability	Contact
Every Wednesday	Tallaght Leisure Centre	5.30pm	5- 18 years	€68 (8 weeks)	Mixed Abilities	Paul Furey, Tallaght Leisure Centre (01)4523300
Every Friday (Social Circle Group)	Tallaght Leisure Centre	5.30pm	5- 18 years	€68 (8 weeks)	Children with autism, mixed abilities	Paul Furey, Tallaght Leisure Centre (01)4523300

## SPINA BIFIDA HYDROCEPHALUS IRELAND (SBHI)

SBHI aim to foster an environment in which every person affected by Spina Bifida and Hydrocephalus can lead a fulfilled life. South Dublin County Sports Partnership will be working with SBHI in the coming year to assist with their SHINE Camp and their Come and Try It Sports Day

<b>SHINE Summer Camp - Spina Bifida Hydrocephalus Ireland</b>						
SHINE Summer Camp is a residential Summer Independence Training Project that caters for teenagers and young adults with Spina Bifida and/or Hydrocephalus.						
Date	Venue	Time	Age	Cost	Ability	Contact
14 <sup>th</sup> Aug – 20 <sup>th</sup> Aug	The Kings Hospital, Palmerstown	Residential Camp	All Ages	-	Teenagers and young adults with Spina Bifida and/or Hydrocephalus	Helen Riney, Spina Bifida Hydrocephalus Ireland on (01) 4572329 or email Hriney@sbhi.ie

<b>National Sports for Fun Day - Spina Bifida Hydrocephalus Ireland</b>						
A large variety of sports are available on the day including track, field and indoor sports.						
Date	Venue	Time	Age	Cost	Ability	Contact
17 <sup>th</sup> Sept	Santry Sports Stadium	10am – 5pm	All Ages	-	Spina Bifida Hydrocephalus participants	Helen Riney, Spina Bifida Hydrocephalus Ireland on (01) 4572329 or email Hriney@sbhi.ie

## SAILING

The Royal Irish Yacht Club are running a Sailability programme for children with physical and sensory disabilities. DMYC - National Yacht Club - Royal Irish Yacht Club Royal St George Yacht Club have again combined to run this programme in Dún Laoghaire during the summer 2016. All participants are required to fill out an enquiry form before attending. Please email [deborah.horan7@gmail.com](mailto:deborah.horan7@gmail.com) for an enquiry form.

<b>Dun Laoghaire Sailability Programme – Come and Try It Day</b>						
Royal Irish Yacht club are organising a Come and Try It Day for participants aged 8-17 years with physical and/or sensory disabilities. This is an introductory to the Sunday Morning Sailing Programme. No sailing experience required.						
Date	Venue	Time	Age	Cost	Ability	Contact
12 <sup>th</sup> June	Royal Irish Yacht Club	10.30am	8-17 years	-	Physical and Sensory Disabilities	Ian French 087 2456834 <a href="mailto:ianafrench@eircom.net">ianafrench@eircom.net</a>

<b>Dun Laoghaire Sailability – Sunday morning Sailing Programme</b>						
Following on from the Come and Try It Day the Royal Irish Yacht Club are running a sailing programme every Sunday from 19 <sup>th</sup> June to 27 <sup>th</sup> August (excluding 24 <sup>th</sup> and 31 <sup>st</sup> July).						
Date	Venue	Time	Age	Cost	Ability	Contact
Sunday 19 <sup>th</sup> June to Sunday 27 <sup>th</sup> August	Royal St George Yacht Club	9.30am – 12.40pm	8-17 years	TBC	Physical and Sensory Disabilities	Ian French 087 2456834 <a href="mailto:ianafrench@eircom.net">ianafrench@eircom.net</a>

## BOCCIA

Boccia is a Paralympic Sport. The aim is to score as many points as possible by placing their set of coloured balls closest to the white jack ball. Boccia is played indoors on a flat, smooth surface. Athletes throw, kick or use an assistive device to propel leather balls as close as possible to a white target ball (the jack).

<b>PK Boccia Club</b>						
PK Boccia Club are looking for new player to come and join the club. No Boccia experience necessary.						
Date	Venue	Time	Age	Cost	Ability	Contact
Saturdays	Ballyfermot Leisure Centre	12-2pm	Children and Adults	-	Physical and Sensory Disabilities	Liam Bracken 085 7276789

## MULTI ACTIVITY CLUB – SOCIAL CIRCLE

<b>Social Circle</b>						
Supporting families with autism. The group run a variety of programmes from bricks clubs, drumming, movie mornings to horse riding lessons. For information on any of these events please contact Mairead in Social Circle on (087)3437471 or email <a href="mailto:socialcircle@gmail.com">socialcircle@gmail.com</a>						
Date	Venue	Time	Age	Cost	Abilities	Contact
14 <sup>th</sup> May 2016	Saturday Social Club- OWLS Nature Club	3-4pm and 4-5pm	4 years +	€8 per child	Children with autism	Mairead, Social Circle on (087)3437471 <a href="mailto:socialcirclesd@gmail.com">socialcirclesd@gmail.com</a>
22 <sup>nd</sup> May	Playdate@Tallaght Adventure World	10-11.30am	4 years +	€5 per child	Children with autism	Mairead, Social Circle on (087)3437471 <a href="mailto:socialcirclesd@gmail.com">socialcirclesd@gmail.com</a>
11 <sup>th</sup> June	Saturday Social Club – Jumpzone Sandyford	3-4.30pm	4 years +	€12 per child	Children with autism	Mairead, Social Circle on (087)3437471 <a href="mailto:socialcirclesd@gmail.com">socialcirclesd@gmail.com</a>
19 <sup>th</sup> June	Playdate@Tallaght Adventure World	10-11.30am	4 years +	€5 per child	Children with autism	Mairead, Social Circle on (087)3437471 <a href="mailto:socialcirclesd@gmail.com">socialcirclesd@gmail.com</a>



## VISION SPORTS IRELAND

Vision Sports Ireland (VSI) is unique in that it is the only organisation in Ireland solely dedicated to promoting sport and recreation for vision impaired people.

<b>Talk Fest</b>						
<p>Talk Fest is a dynamic LIVE activities conference – which kicks off the 2016 MayFest sports celebration weekend. Get the chance to meet those on the ground in the field of vision impaired welfare. Speakers on the day will represent Sport Ireland, Paralympics Ireland, CARA, LSP Network, Tennis Ireland, Athletics Ireland, Walking and Tandem Cycling for Health (WATCH), FEACH, Cork Swimming and Walking Group as well as representatives of NCBI, ChildVision and organisers Vision Sports itself. The LIVE demo activities will include Blind Football, SNAG Golf, Table Cricket and Judo</p>						
Date	Venue	Time	Age	Cost	Ability	Contact
Friday 20 <sup>th</sup> May	ChildVision, Drumcondra, Dublin 9	9am – 4pm	Children and Adults	FREE	n/a	Sarah, Vision Sports Ireland on (085) 8500193  office@visionsports.ie, phone

<b>May Fest – Come and Try It Sports Day</b>						
<p>Come and try athletics, indoor rowing, tandems (leisure cycle or tour/time trial over 10 or 20 miles), tenpin bowling, adaptive tennis, swimming, tug o' war and Goalball. Beginning on Saturday there will be a two-day, four nations futsal tournament</p>						
Date	Venue	Time	Age	Cost	Ability	Contact
Saturday 21 <sup>st</sup> May	ALSAA	TBC	Children and Adults	-	People with low vision, or no vision	Sarah, Vision Sports Ireland on (085) 8500193  office@visionsports.ie

## SPECIAL OLYMPICS

Special Olympics Ireland is a sports organisation for people with an intellectual disability. Special Olympics Eastern Region cover the South Dublin area. Please note that the clubs listed below are the Special Olympics clubs that have younger athletes attending as well as older age groups. No club listed below are strictly for youth athletes.

For further information on any of the programmes below please contact Joanne Kelly Regional Development Officer, Special Olympics Eastern Region on (01) 891 2008 or email [joanne.kelly@specialolympics.ie](mailto:joanne.kelly@specialolympics.ie). Pre Registrations is essential for all Special Olympics clubs.

<b>Knocklions Special Olympics Club</b>				
Bowling Club				
Date/Day	Venue	Time	Age	Contact
	St Colmcilles Community School, Knocklyon	6-7.00pm	Children and adults with an intellectual disability	Mary Larkin (086) 8597197 mln@live.ie

<b>Metro South Special Olympics Club</b>				
Bowling Club				
Date/Day	Venue	Time	Age	Contact
Fridays	Superdome Palmerstown	7.30-9pm	Children and adults with an intellectual disability	Stephanie Coen (087) 2266306 MetrobowlingI@eircom.net

<b>Palmerstown Wildcats Special Olympics Club</b>				
Basketball Club				
Date/Day	Venue	Time	Age	Contact
Thursdays	Palmerstown Sport Complex	7.00-9pm	Children and adults with an intellectual disability	Lorraine Bracken (086) 6082684 lorrainebracken@gmail.com

<b>South Dublin Special Olympics Club</b>				
Gymnastics Club				
Date/Day	Venue	Time	Age	Contact
Saturdays	Cheeverstown Gym	10-11.00am	Children and adults with an intellectual disability	Elizabeth McLoughlin (087) 2079604

<b>South Dublin Special Olympics Club</b>				
Athletics Club				
Date/Day	Venue	Time	Age	Contact
Saturdays	Terenure College	10-11.15am	Children and adults with an intellectual disability	Elizabeth McLoughlin (087) 2079604

<b>South Dublin Special Olympics Club</b>				
Basketball Club				
Date/Day	Venue	Time	Age	Contact
Saturdays	Terenure College	12-1.00pm	Children and adults with an intellectual disability	Elizabeth McLoughlin (087) 2079604

<b>Speisialta Special Olympics Club</b>				
Football 7 aside club				
Date/Day	Venue	Time	Age	Contact
Saturdays	Peamount Centre, Newcastle	11 – 12pm	Over 18s with an intellectual disability	Marian Jordan (086) 3091364 Mjordan1620@gmail.com

<b><u>Speisialta Special Olympics Club</u></b>				
Badminton club				
Date/Day	Venue	Time	Age	Contact
Saturdays	Cheeverstown Gym	11.30– 1pm	Children and adults with an intellectual disability	Marian Jordan (086) 3091364 Mjordan1620@gmail.com

<b><u>Tallaght Tornadoes Special Olympics Club</u></b>				
Bowling club				
Date/Day	Venue	Time	Age	Contact
Tuesdays	Leisureplex, Tallaght	7– 8pm	Children and adults with an intellectual disability	Stephen O'Hara (087)9784688 Tornadoes.soc@googlemail.com

<b><u>Tallaght Trojans Special Olympics Club</u></b>				
Badminton club				
Date/Day	Venue	Time	Age	Contact
Fridays	Old Bawn Community School, Tallaght	7.45– 8.45pm	Children and adults with an intellectual disability	Catherine Connaughton (087)2389213 taratwizzle@outlook.com

<b><u>Tivoli Hills Special Olympics Club</u></b>				
Golf club				
Date/Day	Venue	Time	Age	Contact
Tuesdays	Leisureplex, Tallaght	7– 8.00pm	Children and adults with an intellectual disability	Barbara Dillon (086)549554 Barbara.dillon@gmail.com

<b>Tivoli Hills Special Olympics Club</b>				
<b>Gymnastics Club</b>				
Date/Day	Venue	Time	Age	Contact
Thursdays	Newpark School Sport Centre	6– 8.00pm	Children and adults with an intellectual disability	Amanda Mollard (086)8185423 rumballfam@hotmail.com

<b>Viking Swimmers Special Olympics Club</b>				
<b>Aquatics Programme</b>				
Date/Day	Venue	Time	Age	Contact
Sundays	Tallaght Leisure centre	9– 9.45am	Children and adults with an intellectual disability	Mary Betty Whelan <a href="mailto:marybettywhelan@eircom.net">marybettywhelan@eircom.net</a>