



Saint John of God Community Services
Dublin South East Services

Sports Ability Groups in Dun Laoghaire Rathdown.

November 2018 Issue.

This Booklet is a Partnership Project between DLR Sports Partnership and St. John of God Dublin South East, Family Focus Service.



Within this booklet you will find a list of sports & social clubs that are inclusive of people with disabilities. This information is as up to date to the best of our knowledge from November 2018. If there is any clubs/organisations that we have missed out on please do highlight it to us so we can include it in our next issue

For more details on any of the programmes/training or if you or your child are looking to get involved in a sport please contact Brian at bodonnell@dlrcoco.ie or 01 271 9506



Saint John of God Community Services
Dublin South East Services

St John of God Family Focus team is a Support Service for families of children and teenagers attending mainstream schools.

They offer an Information, Support and Advice Service to families as well as the opportunity for children to attend specialised Friendship Clubs.

Family Focus actively promotes inclusion and is committed to improving outcomes for children and families.

St. John of God Dublin South East Services provides services and supports to children and adults with intellectual disability.

For Information on Family Focus contact:
familyfocus@sjog.ie or 087 141 9434

Calisthenics



Bar Monkey

Body weight movement classes for kids. Classes are currently full at the moment but if there is a demand there would be a possibility of more classes.

Day: Monday

Time: 5-6pm

Location: Scoil Cholmcille, Ballybrack

Age: 7-11 years

Ability: Dyspraxia, Autism, Additional Motor Skill Needs

Contact: Aaron Fitzpatrick. 085 2291672 barmonkeyevents@gmail.com

Ultimate Frisbee

Dublin Youth Ultimate

Ultimate Frisbee available to come to your group or organisation to coach kids & adults of all abilities the sport.

Age: All Ages

Ability: All Inclusive

Contact: Dominick Smyth. 086 1507333 dominick@DublinYouthUltimate.com

Gymnastics

Trojan Gymnastics Acadmey

Fully inclusive gymnastics classes for all ages & abilities.

New members welcome

Age: All Ages

Day: Monday- Friday

Location: Trojan Academy, Ballyogan

Ability: All Inclusive

Contact: Louise ivie. 01-2959019 info@trojanacademy.ie

Tag Rugby



Seapoint Dragons

Tag Rugby for children/adults with Intellectual Disabilities.
New members are welcome! Our season starts in September and finishes i

Day: Sunday

Time: 12:30-1:30pm

Location: Seapoint Rugby Club, Kilbogget Park.

Age: 8+ years

Ability: Intellectual Disability

Contact: Marie Kelly. 087-2423551 seapointdragons@gmail.com

De La Salle Dragons Palmerstown

PLAY TAG RUGBY WITHY THE DLSP EAGLES

New players welcome.

KILTERNAN DLSP Rugby Club

Day: Sunday morning

Time 11am to 12pm

Location: DLSP Kilternan.

Age: All Ages

Ability: All Inclusive

Contact Dave Hicks 0872565656

davidhicksmeats@gmail.com

Hockey

Monkstown Strikers

Hockey club for children and adults with Intellectual Disabilities. New members are welcome!

Day: Tuesday

Time: 7:00-8:00pm

Location: Hockey Pitch, Rathdown School, Upper Glenagery Road

Age: 10+ years

Ability: Intellectual Disability

Contact: Sheena Kenning. 087-9413667 monkstowncommittee@gmail.com

Sports Centres

Newpark School Sports Centre

Low Ratio Swimming Lessons: Friday Afternoon & Saturday Evening
Inclusive Fitness Classes t : Monday - Thursday
TeenFit Monday 7-7:45pm

Age: All Ages

Ability: All Inclusive

Contact: Peter McGee/ Damaris Ayres 01-2883720/ 01- 2833037
info@newparksportscentre.ie

dlr Leisure Sevices

Fitness for All: Classes for all abilities
New timetable to be launched soon for the New Year

Location's: Ballyogan ,Monkstown,
Meadowbrook and Loughlinstown

Age: All Ages **Ability:** All Inclusive

Contact: Daniel Downey. 01-2943880 ddowney@dlrleisure.ie



Tennis

Shankill Tennis Club

Tennis sessions for people will vision impairments. New Members are welcome!

Day: Sunday **Time:** 10am-11am (Juniors)
Location: Shankill Tennis Club 11am-12:30pm (Seniors)
Age: All Ages **Ability:** Vision Impairment
Contact: Vision Sports Ireland office@visionsports.ie

Enjoy Tennis

Inclusive tennis programme for people with disabilities. Please contact Joanne for more information on times and venues.

Location: Dun Laogahire Rathdown Area
Age: All ages **Ability:** All Inclusive
Contact: Joanne Wilde. 087 6111908 jwylde61@gmail.com

Multi Activity Group

Crown Your Cake

Cake art classes for children and adults tailored to their needs.

Day: Tuesday- Thursday
Location: Dun Laoghaire **Ability:** All Inclusive
Age: All Ages **Time:** Varies

Contact: Sinead Nolan. 086- 3452167 info@crownyourcake.ie



Down Syndrome Centre

Social Skills and Pre- Teens Groups.
New people welcome!

Day: Tuesday & Wednesday **Time:** 4:00-5:00pm

Location: Down Syndrome Centre, Cabinteely.

Age: 10-13 years **Ability:** Down Syndrome

Contact: Ellie Reilly (OT) & Claire Mulally (SLT). 01- 6618000
info@downsyndromecentre.ie

Playball

Playball TM gives children, of all abilities, the opportunity to experience the benefits of participating in sports. New children are welcome, trial classes available but must be booked

Day: Saturday **Time:** 10:10am - 10:45am (4-7 yrs)

Age: 5-12 years 10:50am- 11:30am (8-12yrs)

Location: Westwood, Leopardstown **Ability:** All Inclusive

Contact: Emma Meir. 087-2262828 info@playballkids.ie

Prisim

PRISM is a peer led support service for families affected by conditions on the autism spectrum in Dun Laoghaire Rathdown.

Location: Dun Laoghaire

Contact: 089 2211936 prismdlr@gmail.com

Open Spectrum

OPEN SPECTRUM is a parent-run activities club for children and teens on the autistic spectrum in South Dublin. For More information please contact the service directly.

Location: Dun Laoghaire Rathdown.

Contact: Helen Norris 086-3398659 openspectrum2@gmail.com.

Dublin South Arch Club

Multi activity group

Day: Friday Evening and Saturday

Morning

Location: Foxrock Parish Hall/Rockford School

Ability: Intellectual Disability

Contact: 086 2735101

Age: 9- 25 (4 Groups)



Yoga

Purely Yoga

Yoga styles & Pilates classes in a great environment to suit all abilities

Contact: Eike Treanor 087 6875413 0868215775&Eike@Purely-Yoga.com

Day: Mornings

Ability: All

Age: Juniors to adults

Special Olympics

Blackrock Flyers

Multi activity group running after school programme & weekend sessions.

Day: Mon, Tue & Thurs evenings,

Sat Morning and afternoon

Age: Juniors to adults

Ability: Intellectual Disability

Contact: blackrockflyers@gmail.com

Tivoli Tigers

Special Olympics Gymnastics club catering for children & adults.

We are currently at full membership capacity at the moment.

Day: Thursday

Time: Tigers- 6:10-6:50

Adults- 6:50-7:50

Location: Sports Hall, Newpark Sports Centre

Age: 6+ years

Ability: Intellectual Disability

Contact: Leah Hilliard. Tivolitigers@hotmail.com

Dundrum S.O. Football Club



Special Olympics Football club catering for children & adults.
We have space available for new members!

Day: Sunday

Time: 10:00-11:30am

Location: UCD Astroturf Pitches

Age: All Ages

Ability: Intellectual Disability

Contact: Rodney Joyce. 087 2310987 rodneyjoyce@gmail.com

Bray Lakers

Multi Sport Special Olympics Club catering for children and adults.
We have space available for new members in January. Check with us to see what times the different sports & activities are on at!

Location: Brady Centre, Seapoint Rd, Bray.

Day: Monday- Sunday

Time: 9:00am- 9:00pm

Age: 5-57 years

Ability: Intellectual Disability

Contact: Anthony finnegan. 086-0403739 anthony.finnegan@lakers.ie

Festina Lente

We offer specific equestrian training for Special Olympics Equestrian Games and we are looking for new members.

Location: Old Connaught Avenue, Bray.

Ability: intellectual Disability

Contact: Clodagh Carey. 0879232140 eal@festinalente.ie

Irish Down Syndrome Sporting Organisation

The (IDSSO) is a national body set up to help develop sporting ability in young people with Down Syndrome and afford opportunities for excellence in sport.

Contact: 086 8676723 idssoireland@hotmail.com

Wheelchair Sports



Ballybrack Bulls

Wheelchair Basketball Club, New Members are welcome!

Day: Monday

Time: 6:00pm-7:00pm

Location: dlr Leisure Loughlinstown

Contact: Graham. grahamero1984@hotmail.com

Ballybrack Bulls Junior Inclusive Club

Multi sport activity club for children with a physical disability,
New Members are welcome!

Day: Mondays

Time: 5:00pm-6:00pm

Location: dlr Leisure Loughlinstown

Contact: Mark Barry IWA sport on Mark.Barry@iwa.ie or Brian bodonnell@dlrcoco.ie t:01 271 9506

Powerchair Football

St. Josphe's Powerchair Football Club, catering for adults. New members welcome!

Day: Friday

Ability: Wheelchair/Powerchair user

Age: 16+

Time: 4:00pm- 5:15pm

Location: St. Josephs Football Club,

Contact: Donal.byrne@cheshire.ie

Wheelchair Hurling

Adapted the game of hurling to be played by wheelchair users.
Please contact the below email for more information.

Contact: leinsterwheelchairhurling@gmail.com

Martial Arts

Martial Arts & Self-Defence School

Martial Arts & Self Defence classes running for kids, teaching Kung Fu, Kickboxing & Judo. New kids are welcome

Day: Monday & Tuesday

Time: 5:30pm- 7:30pm

Age: 5+

Ability: All Inclusive

Location: Mounttown Community Centre

Contact: Zibby 085 8192135

GAA

Cuala

Cuala GAA club have started their Cuala All Stars programme for kids of all abilities alongside of their already inclusive under age structure. Please contact Joanne for more information.

Location: Cuala GAA, Dalkey

Ability: All Inclusive

Contact: Joanne Wilde. jwylde61@gmail.com



Kilmacud Crokes

Kilmacud Crokes GAA club have started a GAA for all group for kids of all abilities alongside of their already inclusive under age structure. Please contact Orla Reck for more information.

Location: Kilmacud Croke GAA, Stillorgan

Ability: All Inclusive

Contact: Orla Reck. healthyclub@kilmacudcrokes.com

Soccer

Cabinteely FC- Special Olympics Club

Cabinteely Cougars Special Olympics club catering for kids.

Day: Saturday

Time: 12:00am-1:00pm

Age: 5+

Ability: Intellectual Disabilities

Location: AstroTurf, Cabinteely FC, Kilbogget Park

Contact: Tommy Flynn 087 271 7475

Cabinteely FC- Football for All

Cabinteely Pumas football for all club caters for children of a wide range of ability – ranging from mild to moderate in various disabilities.

Day: Saturday

Time: 12:00am-1:00pm

Age: 5+

Ability: mild to moderate disabilities

Location: AstroTurf, Cabinteely FC, Kilbogget Park

Contact: Jim Allen (087 770 5506)

Cycling

The Cycling Safety School

Cycling safety skills sessions in Dun Laoghaire Rathdown catering for children with additional needs. please contact Brian O' Donnell for more information on courses starting in 2019

Contact: Brian O' Donnell 01-2719502 Bodonnell@dlrcoco.ie

Location: Dun Laoghaire Rathdown Area



Sailing

SailAbility

Sailing programme for people with a disability.

Location: Dun Laoghaire Harbour

Contact: Ian French. 087 2456834 ianafrench@eircom.net

Development Officers

Irish Wheelchair Association-North East Region

Name: Mark Barry

Phone: 01 818 6452 / 087 984 2384

Email: mark.barry@iwa.ie

Enjoy Tennis - Dublin/ Lenister Region

Name: Joanne Wilde

Phone: 087 6111908

Email: jwylde61@gmail.com

The CARA Centre

Name: Brenda O Donnell

Phone: 01 6251160

Email: bodonnell@caracentre.ie



Special Olympics Eastern Region

Name: Joanne Kelly

Phone: 01 891 2000

Email: joanne.kelly@specialolympics.ie

Triathlon Ireland

Name: Eamonn Tilley

Phone: 083 4381654/ 01 2741032

Email: eamonn@triathlonireland.com

dlr Leisure Sports Team

Name: Alan Linsey

Phone: 01 5375011

Email: sports@dlrleisure.ie

Rugby

Name: Jonathan Sharkey

Email: jonathan.sharkey@leinsterrugby.ie

Soccer

Name: Rory O'Hare

Phone: 086 3807793

Email: rory.ohare@fai.ie

Cricket Leinster

Name: Naomi Scott-Hayward

Email: naomi.scotthayward@cricketleinster.ie

Vision Sports Ireland

Name: Alex or Joe

Phone: 01 4056030 m:083 192 2891

Email: office@visionsports.ie