



Dún Laoghaire Rathdown Sports Partnership

SportsAbility Groups in Dún Laoghaire Rathdown

November 2019 Issue

This Booklet is a partnership project between Dún Laoghaire Rathdown 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 2019. If there are any clubs/ organisations that we have missed out on please do highlight this to us \ so we can include it in our next issue.

For more details on any of the programmes, 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

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www.dlrsportpartnership.ie



Dún Laoghaire Rathdown Sports Partnership Sports Inclusion Disability Programme

The focus of the Sports Inclusion Disability Programme in Dún Laoghaire Rathdown is to support and increase opportunities for the approx. 27,000 people with a disability to participate in sport and physical activity. The programme is managed and led by the Sports Inclusion Disability Officer (SIDO) whose role is to support establishing new and sustainable clubs, organise activity sessions and link with local disability organisations around the provision of opportunities. This programme has been in operation in the County since 2008 with funding secured through Sport Ireland and Dun Laoghaire Rathdown County Council.

The programme has already reached over 3,000 people with a disability in activity, rolled out a large range of inclusion programmes and events, engaged with a wide range of services in progressing disability sport as well as having a key role to play in training and awareness raising.

In 2018, the SIDO working with a range of partner agencies, engaged with over 500 people across the year with highlights listed below.

- **Woodlands for Health** – two 10 week programmes targeting adults with mental health difficulties using weekly woodlands walks to manage symptoms (34 participants).
- **Autism Outdoor Activities Camp** – 2 day outdoor activity camp held in Larch Hill for children on the autism spectrum (15 participants).
- **School Sports Hall Athletics** – 8 week indoor athletics coaching for children in Ballyowen Meadows National School (30 participants).
- **NRH Spinal Championships** – supported this annual event held in house in 2018 event as new sports hall is being built (20 participants).
- **Dance for All** – 6-week programme for adults with visual/hearing impairments, physical disabilities & chronic illness (10 participants).
- **DLR TAKEI International Tournament 2018** – event took place in May in the Shankill Tennis Club with 60 players with vision impairments from 12 different countries competing.
- **GAA Inclusion** – worked with local GAA clubs to start new inclusive sessions for children of all abilities. This has coincided with the GAA's development of their "Fun & Run" inclusive game (32 participants).
- **Multi Sports Club** – working with IWA Sport to start a new inclusive club for children with a physical disability in dlr leisure Loughlinstown.

- **Monkstown Special Olympics Club** – assisted in establishing a new swimming club for children & adults (12 participants).
- **Disability Awareness Training** - 2 workshops with 22 participants.
- **Autism in Sport** – 3 workshops with total of 56 participants.
- **dlr Community 5K** – inclusive participation event, which attracts people of all ages and abilities.
- **Rhythm Club** - A new dance and rhythm based group for people with visual and hearing impairments in Stillorgan. In partnership with DLRCC Arts Office (22 participants).
- **Inclusive Gym** – 6 week programme in dlr leisure Ballyogan providing activities for children with physical disabilities (8 participants).
- **Enjoy Tennis** – started 2 new tennis programmes in DLR and helped consolidate many on-going groups (14 participants).
- **Choices for Health** – 2 x 12 week physical health and nutrition interventions for adults with mental health difficulties (24 participants).
- **Disability Inclusion Open Evening** - showcasing 20 sports & activity options available for people with a disability in DLR (120 attendees).
- **Cycling Skills Training** – 2 Learn to cycle programmes for children with additional needs (24 participants).
- **Dementia Friendly Walking** - 8 week guided walking programme for patients & Carer’s of people with dementia (15 participants).
- **Supporting On-going Programmes** – Access Sailing, Multi Activity Groups, Special Needs Tag Rugby, Parahockey, Wheelchair Basketball.
- **Awareness Raising & Support** - working with local leisure centres, clubs, teachers and services in the area of inclusive physical activity
- **Point of Contact for Sport & Physical Activity** - information source for disability sport in DLR – clubs, facilities, grants/funding, club development, programmes & events.

For your convenience this booklet is in alphabetical order by sporting type.

Beside each club name you will see a colour or multi-colour this is to highlight the type of disability catered for:

Intellectual: ● Physical: ● Sensory: ● All: ●●●



ARCHERY

Dundrum Archers ●●●

Dundrum Archers is one of Ireland's newest archery clubs and is located in Naomh Olaf GAA Club in Sandymount, South Dublin. Our aim is to help with the growth and promotion of all forms of archery, for people of all ages, abilities and backgrounds.

Day: Thursday **Time:** 7-10pm

Location: Naomh Olaf GAA Club in Sandymount, South Dublin.

Age: All ages **Ability:** All Ability

Contact: Email: info@dundrumarchers.com

BASKETBALL

Ballybrack Bulls ●

Wheelchair Basketball Club, New Members are welcome!

Day: Monday **Time:** 6:00pm-7:00pm

Location: dlr Leisure Loughlinstown

Contact: Graham Email: grahamero1984@hotmail.com

BOCCIA

Boccia Club ●●●

All ages and disabilities welcome to try this very inclusive game

Day: Saturday **Time:** 12-3pm

Location: Ballyfermot Leisure Ctr

Age: All ages **Ability:** All Ability

Contact: Liam Braken Tel: 085 727 6789 Email: liampbraken@yahoo.ie

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: Jamie Tel: 085 750 1328 or email: info@barmonkeycalisthenics.com

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.

Location: Dun Laoghaire Rathdown Area

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

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 086 150 7333 dominick@DublinYouthUltimate.com

GAA

Cumann Naomh Eoin Baile an tSaoir/Ballinteer St John's GAA ●

Ballinteer St John's GAA Club have started a GAA for all group for children with an intellectual disability alongside of their already inclusive under age structure.

Day: Fridays **Time:** 6-7pm

Location: BCS All Weather Pitch, Wesley College Sports Hall

Age: Primary School ages **Ability:** Intellectual disability

Contact: Beth Corcoran Tel: 086 071 1773, John Meagher Tel: 087 297 0812



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.

Day: Saturday **Time:** 11-12

Location: Cuala GAA, Dalkey

Age: 5-18 **Ability:** All Inclusive

Contact: Ciaran Brady Tel: 087 176 7053 Email: Cualaallstarts@gmail.com

Kilmacud Crokes GAA Club ●●

Kilmacud Crokes GAA club have started a GAA for all programme for kids of all abilities alongside of their already inclusive under age structure.

Day: Throughout the year with specific activities

Location: Kilmacud Crokes GAA Club, Stillorgan, Co Dublin

Age: Open to all age groups **Ability:** Intellectual, Physical & Visual Impairment

Contact: Kiera Brown - Healthy Clubs Officer, Email: info@glenalbyn.ie

GYMNASTICS

Trojan Gymnastics Academy ●●●

Fully inclusive gymnastics classes for all ages & abilities. New members welcome!

Day: Monday- Friday

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

Location: Ballyogan Business Park, Ballyogan Road, Dublin 18

Contact: Louise ivie. 01 295 9019 info@trojanacademy.ie

HURLING

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

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. Tel: 087 941 3667

Email: monkstowncommittee@gmail.com

Loreto Lions Hockey ●

A hockey for all team called the Loreto Lions for children with ASD and Intellectual Disabilities.

Day: Tuesday **Time:** 6:15-7:15pm

Location: Loreto Hockey Club Rathfarnham

Age: Boys and Girls Age 8+ **Ability:** ASD; Intellectual Disability

Contact: Sarah, Email: loretolions@gmail.com

LEISURE CENTRES

dlr Lesiure Centres ●●●

Drop in to see the state-of-the-art facilities, all weather pitches, swimming pools, state-of-the-art gyms, sauna facilities, swimming sessions, training sessions etc. Fitness for All: Classes for all abilities

dlr Leisure Ballyogan: 01 294 3880

dlr Leisure Monkstown: 01 230 1458/60/62

dlr Leisure Meadowbrook: 01 299 5610/14/16

dlr Leisure Loughlinstown: 01 282 3344

Newpark Sports Centre ●●●

Inclusive Teenfit and Swimming at Newpark Sports Centre

Day & Time: Swimming Friday 3, 3:30 and 4. TeenFit Monday 7-7:45pm

Location: Newtownpark Avenue, Blackrock, Co. Dublin

Age: Swimming from age 4. TeenFit age 12-18 years **Ability:** All Inclusive

Contact: Peter McGee/ Damaris Ayres, Tel: 01 288 3720

Email: info@newparksportscentre.ie

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

Location: Mounttown Community Centre

Age: 5+ **Ability:** All Inclusive

Contact: Zibby, Tel: 085 819 2135

Kodokan Ireland judo club ●●●

KODOKAN Ireland is one of the five largest Judo clubs in Ireland created in 2006 by Frederic Marmain and David Rolland, both black belts with over 15 years teaching experience. It's a self-defence sport as well as a way of life which follows a moral code. Judo means "Gentle way". Kodokan means "the place of study"

Day: Tuesday and Thursday

Time: 6 to 7 pm (4 to 13 yrs), 7.30 to 9 pm (14 to 60 yrs)

Location: Cabinteely

Age: 4 to 13 yrs & 14 to 60 yrs **Ability:** All

Contact: Mr Frederic Marmain, Email: fred.marmain@3arena.ie or frederic.marmain@irishjudoassociation.ie

MULTI ACTIVITY GROUPS

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). 01 661 8000
info@downsyndromecentre.ie

Playball ●●●

PlayballTM 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: Various **Time:** Various

Age: 4-7yrs, 5-12yrs, 8-12yrs **Ability:** All Inclusive

Location: Westwood, Leopardstown

Contact: Emma Meir. Tel: 087 226 2828 Email: 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: Tel: 085 829 2839 Email: 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: Email:openspectrum2@gmail.com

Dublin South Arch Club ●●●

Multi activity group

Day: Saturdays

Location: Foxrock Pastoral Centre

Age: 6 years to adulthood **Ability:** All

Contact: Pamela McCann Email: dsarchsecretary@gmail.com

Multi-Sport Junior Club ●

New multi-sport activity club for children with a physical disability, starting January 2019. New Members are welcome!

Contact: Tel: 01 271 9506 Email: bodonnell@dlrcoco.ie

POWERCHAIR FOOTBALL



St. Josephs Powerchair Football Club ●

Catering for adults. New members welcome!

Day: Friday **Time:** 4:00pm- 5:15pm

Location: St. Josephs Football Club,

Age: 16+ **Ability:** Wheelchair/ Powerchair user

Contact: Donal, Email: Donal.byrne@cheshire.ie

RUGBY

Seapoint Dragons ●

Tag Rugby for children/adults with Intellectual Disabilities.

New members are welcome!

Day: Sundays **Times:** 9.30am to 10.30am/ Sundays in January to February

Seniors 10am to 11am/Juniors 11am to 12 noon

Location: Seapoint Rugby Club, Kilbogget Park, Church Rd, Killiney/

Loughlinstown Leisure Centre January to February

Age: Juniors 8yrs to 14yrs/ seniors 15yrs upwards

Ability: Intellectual disabilities

Contact: Maire Kelly Email: seapointdragons@gmail.com

De La Salle Palmerston 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 087 256 5656 davidhicksmeats@gmail.com

SAILING

SailAbility ●

Sailing programme for people with a disability. Every year, during the summer months, the four yacht clubs in Dun Laoghaire collaborate to provide access to the water for children who are differently-abled.

Age: All ages

Location: Dun Laoghaire Harbour

Contact: Ian French. Tel: 087 245 6834, Email: ianafrench@eircom.net

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: Email: blackrockflyers@gmail.com

Bray Lakers ●

Multi Sport Special Olympics Club catering for children and adults.

Day: Monday-Sunday **Time:** 9:00am- 9:00pm

Location: The Old School House, Eglinton Road, Bray, Co. Wicklow, A98P6X9

Age: 5-57 years **Ability:** Intellectual Disability

Contact: Tel: 01 202 2694 Email: info@lakers.ie

Tivoli Tigers Special Olympics Gymnastics Club ●

Special Olympics Gymnastics club catering for children & adults.

Day: Thursdays Term **Time:** 6.10-6.50 & 6.50-7.50

Location: Newpark Comprehensive Secondary School, Sports Hall

Age: 6+ years **Ability:** Registered Special Olympics male & female Athletes

Contact: Amanda Mollard, Tel: 086 818 5423,

Email: tigersmembership@hotmail.com

Dundrum Special Olympics ●

The Young Athlete Program and the Academy Football team prepare the athletes for a bright future with Special Olympics. It will prepare them for competitive sport which will no doubt be coming down the line for them all.

Day: Sunday **Time:** 10:00-11:30am

Days: Sundays **Time:** 10:30-11:15 & 11:20-11:55

Location: Saint Benildus College, Kilmacud Road Upper

Age: 3-10 & 10-16 **Ability:** All

Contact: Paul Malone, Tel: 085 842 4415 Email: p-malone@hotmail.com



Cabinteely FC ●

Cabinteely Cougars caters for all children looking to play soccer through a Special Olympics club and a football for all programmes.

Day: Saturday **Time:** 12:00am-1:00pm

Location: AstroTurf, Cabinteely FC, Kilbogget Park

Age: 5+ **Ability:** All

Location: AstroTurf, Cabinteely FC, Kilbogget Park

Contact: Tommy Flynn, Tel: 087 271 7475

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. Tel: 087 923 2140 Email: eal@festinalente.ie

SOCCER

Cabinteely FC- Football for All ●●●

Cabinteely Cougars caters for all children looking to play soccer through a football for all programmes.

Day: Saturday **Time:** 12:00am-1:00pm

Location: AstroTurf, Cabinteely FC, Kilbogget Park

Age: 5+ **Ability:** All

Location: AstroTurf, Cabinteely FC, Kilbogget Park

Contact: Jim Allen, Tel: 086 063 0605, Email: Jimallen@gmail.com

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

Time: 11am-12:30pm (seniors)

Age: All Ages **Ability:** Vision Impairment

Contact: Vision Sports Ireland office@visionsports.ie

Donnybrook Tennis Club ●●●

Donnybrook Tennis Club run an inclusive tennis programme for people with all abilities.

Day: Sunday **Time:** Morning

Location: Donnybrook Tennis Club

Age: All ages **Ability:** All

Contact: David Clarke Tel: 086 839 6189

Enjoy Tennis ●●●

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

Location: Dun Laoghaire Rathdown Area

Age: All ages **Ability:** All Inclusive

Contact: Joanne Wilde 087 6111908 jwylde61@gmail.com

YOGA

Purely Yoga ●●●

Yoga styles & Pilate's classes in a great environment to suit all abilities

Day: Mornings

Age: Juniors to adults **Ability:** All

Contact: Eike Treanor 087 687 5413 086 821 5775 & Eike@Purely-Yoga.com

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: Tel: 086 867 6723 Email: idssoireland@hotmail.com

DEVELOPMENT OFFICERS

Irish Wheelchair Association

Name: Sam Jablansky

Role: IWA-Sport Community Sports Club Project Coordinator IWA-Sport

Email: Sam.Jablansky@iwa.ie **Mobile:** 085 874 7360



Tennis

Enjoy Tennis - Dublin/ Lenister Region

Name: Joanne Wilde

Phone: 087 611 1908 **Email:** jwylde61@gmail.com

The CARA Centre

Name: Odhrán Doherty

Role: National Sport Inclusion Coordinator, Cara

Landline: 01 625 1160 **Mobile:** 086 021 2325 **Email:** odoherty@caracentre.ie

Special Olympics Eastern Region

Name: Joanne Kelly

Phone: 01 891 2000 **Email:** eastern.region@specialolympics.ie

Triathlon Ireland

Name: Eamonn Tilley

Phone: 083 4381654/ 01 2741032 **Email:** eamonn@triathlonireland.com

dlr Leisure Sports Team

Name: Alan Linsey **Phone:** 01 537 5011 **Email:** sports@dlrleisure.ie

Rugby

Community Rugby Officers

Name: Jonathan Sharkey **Email:** jonathan.sharkey@leinsterrugby.ie

Name: Emily McKeown **Email:** emily.mckeown@leinsterrugby.ie

Soccer

Fai Development Officer

Name: Rory O' Hare **Phone:** 086 380 7793 **Email:** rory.ohare@fai.ie

Cricket Leinster

Cricket in the Community Development Officer

Name: Naomi Scott-Hayward **Email:** naomi.scotthayward@cricketleinster.ie

Vision Sports Ireland

National Vision Sports Ireland Development Officer

Name: Alex Whelan **Phone:** 085 850 0193 **Email:** alex@visionsports.ie

Location: Nationwide



County Hall, Marine Road, Dún Laoghaire, Co. Dublin, Ireland.

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