


Community Access Pack

Includes: Sports, Cinema, Parent Supports, Sensory Friendly Hotels, Airports Clubs, Airports, Library Toy & Sensory Collection, Youth Arts




 **Down Syndrome Ireland** - The DSI Waterford Branch is a support group for individuals with a diagnosis of Down Syndrome and their families in Waterford and South Kilkenny. They work to help people with Down Syndrome reach their full potential by providing information and support to them, their families, carers and professionals. To achieve their aim, they have a three-pronged approach: activities for members, Family Support Network and raising awareness of Down syndrome among professionals and the public. *Contact Details:* info@dsiwaterford.ie

Address: Waterford and South Kilkenny Branch of Down Syndrome Ireland, The Parish Centre, Ballybeg, Waterford. X91 YT38

To become a member: (General Office Administrator) on 051323100

EDUCATION/THERAPY	LIFE SKILLS/SOCIAL GROUPS	SPORT/FITNESS
1.) Social Farming	1.) Chillax	1.) Yoga
2.) Mote	2.) Cooking	2.) Bowling
3.) Latch on Literacy		3.) Dance/Hip Hop
4.) Music Therapy		4.) Swimming/Swimming Lessons
5.) SLT		5.) Sport/Fitness
6.) OT		
7.) Numicon		
8.) Lámh		

 **WASSA- Waterford Autism Social & Sports Action-** WASSA are a volunteer group that organises events and workshops for children with autism. WASSA welcomes new members to the group where they will be provided with opportunities to share their concerns and worries with other parents, therefore helping to alleviate some of this stress through communication and problem sharing.

WASSA is a group of parents who have children on the Autistic Spectrum and their aim is to benefit the community through participation, integration and inclusion into mainstream social and sporting activities.

WASSA are aware of the many difficulties that are presented to children with ASD and how these difficulties have to be overcome in order for the children to integrate into regular mainstream activities such as participation in a team sport like football and the social aspects associated to such an activity.

Murcon, Mount Bolton, Portlaw, Co. Waterford

086-6637055

Contact@wassa.ie

Autism-Friendly Shops:

Supervalu Tramore (Quish's), Wednesdays 7-9pm

Supervalu Waterford – Kilbarry Centre, Tramore Road, Waterford – Tuesday between 7 and 9pm – Provide a visual sensory store map, store sounds, and pictures of the shop online to aid those who have autism so that they can plan out their shopping.

Supervalu (Caulfields) – The Hypermarket, Waterford, Tuesdays 7-10pm

Vodafone Waterford – 5 Blackfriars, Waterford, Wednesdays 9-11am

All **Lidl** stores have Autism Friendly shopping times on Tuesdays from 6-8pm

Lidl have a sensory map of the store and shopping list available to download.

<https://www.abettertomorrow-lidl.ie/autism-aware-store/>

Pennys have a sensory friendly shopping hour for the 1st hour that each store is open every Sunday. Music will be turned off, tills will be silenced and there will be no in-store announcements.

White Strand Foróige Youth Club:

<https://www.facebook.com/whitestrandforoige/> Contact: 0892715581

Foróige club for young people between 10 & 17 who have High Functioning Autism.

Little Conquerors West Waterford ASD Support Network:

canalmore@gmail.com

Kevin Murphy | 086 823 1653

Middletown Autism:

Middletown Centre for Autism designs and delivers training programmes cognisant of the needs of Parents, Education Professionals and those who traverse these groupings.



0044 (0) 28 3751 5750

<https://www.facebook.com/centreforautism/>

Special Olympics:

A sports organisation for people with an intellectual disability from the age of 4 years old with no upper age limit. Currently almost 8,000 athletes from across the island of Ireland participate in 15 different sports through Special Olympics.

Through sport, health and leadership programmes, athletes learn to be physically, mentally and emotionally fit. They get to learn new skills, increase confidence and most importantly they get to experience the joy of sport and make life-long friendships!

National Helpline available to all those who are affected by dyspraxia/DCD

018747085



Waterford Clubs:

Name of Club:	Sport:	Location/Time
Carriglea Cairde Services	Swimming	Carriglea Services Venue
Tramore Special Olympics Club	Tenpin Bowling	Waterford Bowling Club Wed 7-8pm
Waterford Special Olympics Club	Gymnastics	Waterford Gymnastics Club Mon 9.15-10.15am
Waterford Special Olympics Club	Basketball	Presentation Sports Hall Mon 6-7pm Tues 8-9pm
Waterford Special Olympics Club	Tenpin Bowling	Activate Waterford Mon 11am-12pm Wed 11am-12pm
Waterford Special Olympics Club	Golf	Tinhalla Driving Range Thurs: 11.30am-12.30pm
Waterford Special Olympics Club	Floorball	Presentation Sports Hall Mon: 6-7pm
Waterford Special Olympics Club	Table Tennis	Presentation Sports Hall Tues: 7-8pm
Waterford Special Olympics Equestrian Club	Equestrian	Kiltotteran Riding Centre Fri: 5-pm

How to join a club: <https://www.specialolympics.ie/clubs/how-to-join-a-club>

- Little Vikings – Special Olympics Young Athletes Club
for children with an intellectual disability, aged 4-12years
Contact: membershiplittlevikings@gmail.com



WIDA is a community based voluntary provider of services for adults and children with an intellectual disability and/or autism in Waterford City and County.

WIDA is registered charity, with a voluntary Board of Directors, and is fully funded by the Health Service Executive.

They offer:

- ✓ Respite (residential and day respite)

- ✓ Residential Services
- ✓ Day Services
- ✓ Hydrotherapy Pool- Email: pool@wida.ie

Contact Details: WIDA, Ashley Drive, Cherrymount, Waterford
admin@wida.ie 051897822


✚ Lámh:



Lámh supports communication - between parents and child, between siblings, between friends. It can be a stepping stone to communicating with the world. Lámh is a manual sign system used by children and adults with intellectual disability and communication needs in Ireland.

- Lámh encourages eye contact
- Develops Vocabulary
- Helps Self-Expression
- Motivates to try out new words
- Promotes Attention to Movements
- Reduces Frustration

Lámh Development Office, City Enterprise Centre, Waterford Business Park, Cork Road,
 Waterford Ph/Fax 051 845454 Email: info@lamh.org Web site: www.lamh.org

 **ARCH Clubs** – Archway to Fulfilled, Friendship Clubs, for People with Special Needs.



It is a safe space for them to develop their social and interpersonal skills, learn real world skills, make friends and just have fun!

Arch club was founded in 1976 by a small group of parents in Dublin, looking for a social outlet for their children. Since then they have grown to a number of clubs throughout Ireland! Many of their clubs offer different activities ranging from having tea and chats to helping them engage in different sports! They currently have 40 clubs in 15 different counties!

Due to the Covid-19 Pandemic, many of the clubs have switched to online methods of contact. Their clubs will not be reopening under the current government guidelines and will not be reopening until it is safe to do so. They are staying closed for the safety of their members and volunteers.

Waterford/Tramore: tandwarchclub@gmail.com

Dungarvan: dungarvanarch@gmail.com

Mobile: 085 8676134

 **FAI – Football for All Clubs:**



The programme gives players with disabilities from the age of 6 upwards the opportunity to get regular football training and competition through a local community club in their area.

083 816 5630

Vincent.foley@fai.ie

- Bohemian Waterford – Jason Ryan – 0866028818 – info@homefitness.ie – 4 Poleberry terrace, Poleberry, Waterford
- Park Rangers AFC – Janet Ferguson – 0863301990 – janetferguson49@gmail.com – The Glen, Faithlegg, Co. Waterford
- Dungarvan Utd AFC – David Walsh – 0856896983 – davidwalsh1@hotmail.com – 1 Kilrush Park, Kilrush (Power), Dungarvan, Co. Waterford.

✚ **MOOC Dys Training Programme:** an online training, free and open to all regardless age requirement or degree. Anyone interested in specific learning disorders can register and participate in the course. Dyspraxia DCD Ireland are very proud to be an associate member of the 'MOOC' DYS Project which is totally free for all those interested in learning the facts about Specific Learning Disorders.

✚ **Tramore GAA Club** are running Let's Play GAA for children aged 5-18 years with a mild to moderate disability to take part in Gaelic Games €20 for 6 week block

Saturday 21st September to Saturday 26th October (6 week block)

11.45am to 12.45pm

For more Information please contact Pauline Casey our Sports Inclusion Disability Officer on 0761 10 2682 or by email pcasey@waterfordsportpartnership.ie

✚ **Handcycles on loan:** A handcycle is a type of human powered land vehicle powered by the arms rather than the legs, as on a bicycle. Waterford Sports Partnership has handcycles that are available to the public on loan.

For more information please contact Pauline on 076 110 2682 or email pcasey@waterfordsportpartnership.ie

✚ **Slí Na Slainte: Walking Routes:** If you are looking for a walking route in Waterford or for another county that you are visiting you can download the slí na slainte walking routes for many of the counties in Ireland on irishheart.ie. <https://irishheart.ie/your-health/our-health-programmes/healthy-communities/slainte/walking-routes/> The website also has a section for school and home resources to encourage getting active and mindfulness. <https://irishheart.ie/schools/primary-schools/bizzy-home-learning/>

✚ **Cerebral Palsy Sport Ireland:** Cerebral Palsy Sport Ireland is the National Governing Body for Sport and Recreation for individuals with cerebral palsy and other physical disabilities. It is the governing body for the sports of football and Boccia. They also provide training and coaching in athletics, swimming and cycling. All 5 are Paralympic Sports. It is a 32 county organisation with admin based in Dublin.

They have a facebook page: <https://www.facebook.com/Cerebral-Palsy-Sport-Ireland-122108847871612/> Contact Number: 01 6251160. Email: info@cpsi.ie

- ✚ **Active Connections** is a not for profit company working with young people with behavioural challenges by providing adventure therapy based programmes in Ireland. They offer Ember Camps during the Summer in Waterford, which is an outdoor education program aimed at young people living with an additional challenge like a physical disability, an intellectual disability or a neurodiverse diagnosis like autism. Their website is <https://www.activeconnections.ie/> and their facebook page is <https://www.facebook.com/activeconnectionsireland/>



- ✚ **The Waterford Viking Halliwick Swim Club** is a voluntary, not for profit swimming club providing swim sessions/lessons for people with various disabilities. This club is on hold for the moment due to covid. Keep an eye on the facebook page for when it is up and running again.
vikinghalliwicksc@gmail.com

The Halliwick method focuses on 'water happiness', safety and independence through a 10 point programme.

<https://www.facebook.com/Waterford-Viking-Halliwick-Swim-Club-265492473969217/>

- ✚ **Equine Therapy**



<http://greenwayequestrian.ie/>

Contact Evie by phone at + 353 87 335 1114 or
by email at greenwayequestrian@gmail.com

- Trish's Rockin Horses
<https://www.facebook.com/trishsrockinhorses/>

087 235 4585

Surf to Heal: Freedom Surf School Tramore

Surf2heal teaches children with autism how to surf. It is an Annual Non-Profit Event run entirely by a team of committed volunteers who freely give their time, energy and enthusiasm to provide this service. Freedom Surf School has developed a unique follow on programme where family members and friends of the autistic child are trained to assist their child in learning how to surf.

https://www.freedomsurfschool.com/surfing/surf_2_heal

Contact Freedom Surf School on 051 386773 / 086 3914908

Waterford Sports Partnership

Waterford Sports Partnership offer taster sessions occasionally for a variety of sports. They post very regularly on their facebook page with the various programs that they have to offer. <https://m.facebook.com/WaterfordSportsPartnership/>

Summer Camp Access Programme

This is for children aged 8-13 with a mild or moderate intellectual disability. It ran in the Summer of 2021. Assistance was available for the FAI Summer Camps, GAA Cúl Camps and Children's Group Link. For more information please contact Pauline on 076 110 2682 or email pcasey@waterfordsportspartnership.ie or Rachel Sinnott rsinnott@waterfordsportspartnership.ie

<https://wap.ie/summer-camp-access-programme-2021/>

Ferrybank Library & Waterford Libraries Toy & Sensory Resource

Collection- Toys and sensory resources are available on loan for up to 3 weeks in the Ferrybank Library. You will need a letter from one of the following: OT, school teacher, resource teacher, SNA, Speech & Language Therapist, Physiotherapist or GP to avail of this service. For the Ferrybank library an online brochure is available click on this link https://www.kilkennylibrary.ie/eng/our_services/sensory-library/kilkenny-county-library-service-sensory-toy-collection-high-res-web.pdf Contact: 051 897200. For the Waterford Libraries the online brochure is available at this link <https://waterfordlibraries.ie/wp-content/uploads/2023/10/Sensory-Toy-and-Equipment-Web.pdf>

Information for Families

<http://www.informingfamilies.ie/> provides general information for families on topics such as



Entitlements and Benefits for children with disabilities, and Early Information.

This information is useful for families whose child has been given a diagnosis, and for those who have a concern about a possible diagnosis of a disability.

Information available on this website in the following Languages:
Irish, French, Lithuanian, Polish, Brazilian Portuguese, Finnish, Romanian and Russian.

Dublin Airport 'Important Flyer' wristband/lanyard for people with Autism

(Although this service refers only to Autism they will provide support to children with high sensory needs or difficulties)

Travelling through Dublin Airport

Many individuals with autism can find travelling through the airport a very difficult and scary experience. For many individuals it represents a new experience which is difficult to understand and sometimes very frightening. Below are a number of simple strategies that can be employed to help the individual with ASD to understand the process of getting through the airport.

'Important Flyer' wristband/lanyard



Dublin Airport can provide a wristband or lanyard for travelling through Dublin Airport. It can be shown to any Dublin Airport staff member (Customer Care and Security screening for example) if assistance is required at security, passport control or any area where you may encounter queues or crowds. Visuals and further information about travelling through the airport is included on the website. Website: <https://www.dublinairport.com/at-the-airport/passenger-information/special-assistance/autism-asd>

The sensory room at Dublin Airport is free to use for 60-minute sessions.
Email prm@ocsireland.com to make a reservation.

Dublin airport also provide supports for people with reduced mobility

Website: <https://www.dublinairport.com/at-the-airport/passenger-information/special-assistance> or contact customer experience Department Dublin Airport

- ✓ Telephone : + 353 1 8144717 / + 353 1 8144692
- ✓ Email : customerexperience@daa.ie / prm@daa.ie

✚ **Cork International Airport:** A sunflower lanyard can be requested when a member of the family has a hidden disability, such as Autism. A series of books intended to help children cope with new situations are available free of charge from the airport's OCS desk.

✚ **Aer Lingus**

Aer Lingus have social stories/visuals available on their website for:

- ✓ Pre-flight
- ✓ Inflight
- ✓ Post-flight

Website link: <https://www.aerlingus.com/travel-information/travelling-with-children/travelling-with-an-asd-child/#/tab-1-inflight>

✚ **Sensory Hub at the Aviva Stadium**



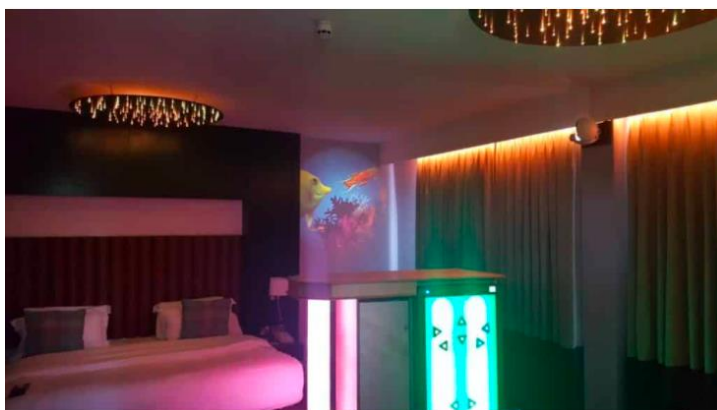
The newly-launched Sensory Hub at the Aviva Stadium in Dublin is a cubby system which people attending matches can use for five to ten minutes on a first-come, first-served basis.

The cubby is supervised by a trained Special Needs Assistant (SNA), who will support you to adjust the sensory stimulation within to your specific needs – whether that is a complete sensory occlusion or a modified level of stimulation.

This project intends to allow those with different sensory profiles to take a break from the environment of the stadium so that they can feel regulated enough to watch the match.

Sensory Friendly Hotels:

- ✚ **Sensory Hotel Room at Radisson Blu Sligo:** This room features both stimulating and stimulant-reducing sensory equipment, along with adjustable ambient lighting. It is located in a quiet part of the hotel and is specially designed to allow guests to meet complex sensory needs while away from home.



- ✚ **Clayton Hotel Sligo:** This hotel has a sensory room available for guests who have Autism or sensory needs.
- ✚ **Roe Park Resort Derry:** This hotel has been named Northern Ireland's Autism Friendly Hotel. The hotel room has special lighting, a sensory area and dine in room facilities.
- ✚ **Ballynoe House, Clonakilty:** Ballynoe House provides an autism friendly self-catering holiday experience.
- ✚ **Cork International Hotel:** This hotel has sensory boxes that you can borrow if you are staying overnight or visiting the hotel to go an event or the restaurant. The hotel offer visual supports that families can print at home to use before and during their stay.
- ✚ **Odeon Cinema:** The Odeon has a filter option that you can apply when searching for a movie. You can select the autism friendly filter. However, if you cannot find an autism friendly movie using the filter, you can call into the cinema to find out when their next autism friendly screening is showing.
- ✚ **Omniplex Cinema:** This cinema usually has sensory friendly screening on a Saturday or Sunday. Sensory Friendly will be displayed beside the screening online to indicate the sensory friendly screening.



Family Carers Ireland provide a range of services and supports for family carers through their network of support centres nationwide and advocate on behalf of family carers at local, regional and national level. Members receive a variety of discounts such as free admission to Omniplex cinemas and 50% discount with Theatre Royal.



Karen McMahon offers yoga and mindfulness for children classes and classes for young children to interact through music and movement with their parents present. Age groups for these classes range from 0-23 months and 2-5 years. Karen also provides workshops on music and movement to children in ASD classes in mainstream and in special schools. If you are interested in finding out about classes or would like Karen to run a workshop with a group of children her mobile is 086 3268061.

<https://www.minimusos.ie/> <https://www.facebook.com/minimusos/>

Kilbarry Gymnastics

Kilbarry Gymnastics is planning on running GymABLE classes towards the end of the year. GymABLE is an inclusive gymnastics program being rolled out by Gymnastics Ireland for children who have a disability. There will be a once off registration fee for the year for insurance and classes are 9 euro and are paid per term. The term will be a block of weeks. Check the facebook page to see when the GymABLE classes will start <https://www.facebook.com/Kilbarry-Gymnastics-Academy-Waterford-548005078635224/> or contact Kilbarry Gymnastics on kilbarryg@gmail.com or 083 4639929.



This is a gym who have been open in Waterford for 2 years for teenagers aged 16 + and for adults. InvincABLE Fitness is currently planning to open its services to children under 16. It is the only gym in Ireland that welcomes people of all abilities. Some of its members come from the Irish Wheelchair Association and the Brothers of Charity. InvincABLE Fitness plan to offer small groups for children tailored to different needs. For more information check

<https://www.facebook.com/invinciblefitness/> or contact InvincABLE Fitness on 051 591647 or Email: info@invinciblefitness.ie

Waterford Youth Arts

Waterford Youth Arts offer a variety of classes. Let them know in advance about your child's needs and they will arrange for additional supports for your child, where required. If cost is a barrier for a family, Waterford Youth Arts have a system in place so that no family is excluded due to cost.



WATERFORD YOUTH ARTS 
Dedicated to the Creativity of Young People

**BACK WITH ACTIVITIES
FOR THE AUTUMN VERY SOON!**

 Register at www.waterfordyoutharts.eventbrite.ie

Quality Arts Programmes for 5-19 year olds

- ➡ Youth Theatre
- ➡ Creative Writing
- ➡ Saturday Art Club
- ➡ Drama
- ➡ Film-making

Waterford Youth Arts, The Arch, Old Military Barracks, Barrack Street, Waterford
T: +353 51 879 377 E: info@waterfordyoutharts.com

IMAGINE ➡ CREATE ➡ DISCOVER

www.waterfordyoutharts.com

www.facebook.com/waterfordyoutharts

www.instagram.com/watoutharts



Traces Dance Ensemble Classes:

A brand new on-site class for
Traces Dance Ensemble members.
From Monday, February 28th, 2022

Dance Studio, Garter Lane Arts Centre Mondays, 4:15pm - 6pm
6wk block of classes* Free of charge

Inspirational Dance Classes are run in conjunction with Down Syndrome Ireland Waterford Branch & Wexford Waterford Educational Training Board for young people aged 14yrs + upwards for young people with a disability and delivered by a superb team of dance artists, led by Dee Grant & Trish Murphy

A weekly class for Traces Dance members to bring ideas to and develop new work in a highly-charged creative environment.

See Traces Dance Ensemble on Facebook, www.facebook.com/tracesdance for more information.

Book your place with Garter Lane Arts Centre, www.garterlane.ie.
General Enquiries to Traces Dance Ensemble & their classes:
dance@garterlane.ie

Supported by: WWETB & DSI Waterford & South Kilkenny Branch

flare

drama school



saturdays
jan-june
10-11am
ages 8-12

📍 Garter Lane
5 O'Connell St, Trinity Without,
Waterford, X91 ER27

FREE DROP-IN
WORKSHOPS!
27 jan, 3&10 feb



- storytelling
- improvisation
- communication
- team-building
- coordination
- confidence
- friendship



contact:
0851552098
allabilities123@gmail.com

www.allabilities.ie

flare

film school



saturdays
11:30-1
jan-june
13-16yrs

📍 Garter Lane
5 O'Connell St, Trinity
Without, Waterford, X91 ER27

0851552098
allabilities123@gmail.com

writing, acting, directing, storyboarding, sound,
cinematography and so much more!

FREE DROP-IN
WORKSHOPS!
27 jan, 3&10 feb

"Explore every aspect of filmmaking in front of and behind the camera. Create micro short films, showcase your work, and make long lasting friendships"

www.allabilities.ie



**50 SHADES OF
EXCEPTIONAL**
Social Club



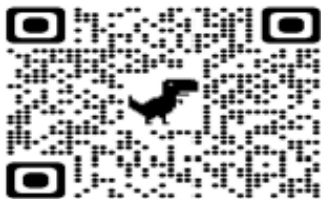
Claim some time for yourself!!!!

"A space for parents and caregivers of children with additional needs to meet . Supporting each other with the sharing of information and experience."

Keep your Wednesday Morning Free!!!!!!

11.00-12.00 Café

Come everyweek or whenever you can make it (following the school calendar).No membership needed. Open invitation for you to join us in an informal adult space with tea and coffee. Chat with others or just claim that hour of free time for yourself. Our aim is to provide a space and for parents and carers of children with additional needs to share and access information and support. Our role is to direct people to the correct information or service that meets their needs with the support of BRILL.



Where ????

*The Brill Youth and Community Cafe
BRILL FRC @ The Campus Ballybeg*

X91YT38



BRILLFRC
FAMILY RESOURCE CENTRE



Laochas the Warrior Soul Project, a non-profit registered charity, formed in 2018 to create a positive children's mental health project, that works with children from junior infants right up to 18 years.

By focusing on prevention as well as intervention the Laochas Warrior Soul Project offers children the opportunity to become more aware of their emotions, have a healthy understanding of mental health along with feeling comfortable asking for help if they need it.

The Laochas Warrior Soul Project team deliver interactive workshop programmes in schools along with community based workshops and camps using the medium of creative arts. These are designed to help young people understand their emotions, how they work/ how to process them & give them basic tools to cope with them as well as breaking the stigma in talking about emotions and looking for help if they need it.