

Community activities Information Pack



Disclaimer: The information for this information pack has been gathered from information parents have notified us of and through Internet research. It is ultimately the responsibility of each parent to assess the quality and suitability of each activity for their child. Some activities/resources require the family to pay some fee.

Sports



Football For All

- Cabinteely Football for All
 - Contact Jim Allen - jimallen166@gmail.com / 086 0630605
 - Kilbogget Park, Churchview Rd, Kilbogget, Dublin
 - Age group – 6+
- Lourdes Celtic FC
 - Contact Martin Mates - martinmatesa1@hotmail.com / 087 6706988
 - Éamonn Ceannt Park, Clogher Road, Crumlin, Dublin 12
 - Age group – 6+
- St. John Bosco
 - Contact - Alan O'Halloran - sjbsc@eircom.net / 087 6759116
 - Address - Pitch 12, Benmadigan Rd, Drimnagh, Dublin
 - Age group – 6+
- Knocklyon United
 - Contact - Mick Kennedy - mickkennedy1000@gmail.com / 086-2669311
 - Address - Knocklyon, Co. Dublin
 - Age group – 6+
- Sacred Heart FFA
 - Contact - LARRY DOLAN - LCDOLAN40@GMAIL.COM / 086 8798713
 - Address - Killinarden Heights, Killinardan, Tallaght, Co. Dublin
 - Age Group – 6+
- Tallaght Town AFC
 - Contact - Alan Merriman - alan@dbw.ie / 086 8373277
 - Address - Kiltipper, Co. Dublin
 - Age group 6+

For other Football for All clubs please contact **Vincent Foley @ footballforall@fai.ie**

- **M&F United Powerchair Football, Blanchardstown**
 - Day Tuesday
 - Time 7 – 8.30pm
 - Contact Noeleen 0864054738 / mandfunitied@hotmail.com

GAA For All

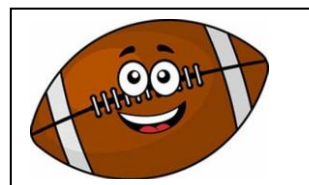
- **Ballinteer GAA for All**
 - Day: Fridays 6 - 7 pm
 - Venue: BCS All Weather Pitch, Wesley College Sports Hall, Ballinteer Rd
 - Age: Primary School ages
 - Ability: Intellectual disability
 - Contact: Beth Corcoran 086 0711 773
- **Cuala GAA for All**
 - Day: Saturday
 - Time: 11am – 12 noon
 - Location: Cuala GAA, Dalkey, Co. Dublin
 - Age: 5-18
 - Ability: All Inclusive
 - Contact: 087 176 7053 or cualaallstars@gmail.com
- **Shankill GAA for All**
 - Contact Linda on 087 278 6064

Cerebral Palsy Football

- AUL sports complex, Clonshaugh
- Saturdays 12 – 2pm
- From the age of 7
- <https://www.cpfootballacademy.com/index.php>

Rugby For All

- **Terenure Tigers Tag rugby**
 - Day Sunday (stops for the summer)
 - Time 12pm
 - Age 6-16
 - Contact Bernard Molloy - molloybernard@gmail.com - 086 8044214
- **Seapoint Dragons Tag Rugby**
 - Day Sunday (During the season)
 - Time 9.30 – 10.30
 - Age 8yrs and over
 - Contact Joanne Dwyer – 0868510902 - joannedwyer1@gmail.com
- **DLSP Eagles, Kilternan (starting a junior team)**
 - Day Sunday (Stops for summer)
 - Time 11 – 12pm
 - Contact Dave Hicks – 0872565656 - Davidhicksmeats@gmail.com



- **Clondalkin Crusaders (tag rugby)**
 - Day Saturday
 - Time 10.30
 - Age U 15s
 - Contact Gareth Steed – 0872200085 – garethjsteed@gmail.com

- **Railway Steamers, Sandymount**
 - Day Wednesday (term time)
 - Time 6pm
 - Age under 18
 - Contact Dee Roberts – 0892730992 – info@railwayunionrfc.com

- **Westmanstown Wasps, Fingal**
 - Day Sunday (Term time)
 - Time 12 – 1pm
 - Age All ages
 - Contact Eamon O’Grady – 0867887790 – eamonogrady@gmail.com

- **Balbriggan Stingers**
 - Day Sunday (every second Sunday Sept - June)
 - Time 11am
 - Age Over 12s
 - Contact Ali – 0868372134 – alicashell@gmail.com

- **Clontarf Bulls**
 - Day Sunday (every Sunday over the rugby season)
 - Time 11am
 - Age 7 – 20
 - Contact Dolores O’Hagan Skelly – 0868124851 – doloreskelly@gmail.com

Swimming



- **Splashtastic Swim Lessons**
 - Venue - St Michaels House Leisure Centre, Belcamp Lane
 - Group and 1-1 lessons for children with additional needs
 - Contact - splashtasticinfo@gmail.com

- **Water babies**
 - Please see <https://www.waterbabies.ie/> for a list of times and locations in Dublin.

- **The Swan Leisure Centre**
 - The pool at the Swan Leisure Centre in Rathmines has an autism hour every Friday from 5.15 – 6.15pm. During this hour the lights are

dimmed, music is switched off, hair dryers and tog driers are turned off and no unnecessary public announcements are made. Ear plugs, social story and sensory map are also available.

- Contact - 01 4967908.

- **Turtle Tots**

- **Autism Swim classes in Kilmainham on Sundays**
- Please visit the website to book - <https://www.turtletots.ie/licensee/turtle-tots-dublin/>

- **Tallaght Leisure Centre - Inclusive swimming lessons**

- Day Wednesdays and Fridays
- Time 5.30pm
- Costs €80 for 8-week term

- **Newpark Sports Centre - Special needs swimming lessons**
- Operating a waiting list at the moment
- <https://www.newparksportscentre.ie/special-needs-swimming-lessons>
- Contact - +353 (0)1 288 3720

- **DLR Leisure**

- Meadowbrook and Dun Laoghaire Rathdown County Council pools ran an inclusive swimming slot previously so it may be worth ringing your local pool to find out if there is inclusive lessons/ swim slot.
- Please see - <https://dlrleisure.ie/>

Horse Riding

- **Childvision Equine Therapy and Lessons, Grace Park Road, Dromcondra D9**

- Childvision Riding Centre offers a variety of Horse-Riding Lessons and Equine Assisted Therapy for all abilities for both children and adults. Lessons take place in outdoor riding arena with B.H.S. qualified instructors and they are available on a private basis, or you can join one of our group lessons.
- For further information please phone 01 704 5919 / 087 602 8880.

- **The Fettercairn Youth Horse Project, Tallaght, Dublin 24**
 - A community-owned Equine Facility, situated in the heart of Tallaght on a 7-acre site that includes American-style barn with, 20 stables, an Olympic size outdoor exercise arena, a training/lecture room, a feed room and a grazing area. The centre provides weekly horse-riding lessons for children with special needs.
 - For further information contact 01-462 7214 or fettercairnhorseproject@gmail.com

- **Cherry Orchard Equine Education and Training Centre**
 - Lessons available for children with autism and intellectual disabilities
 - Contact - +353 (0)1 620 9160 / reception@cherryorchard.ie
 - Costs - €15 if living in Dublin 10, €25 outside of Dublin 10.

- **Balcultry Stables, Swords Co Dublin**
 - Private or group lessons for riders with special needs.
 - Facilities include an indoor and outdoor arena.
 - Cater for children age 5+.
 - Contact Catriona on 086 0628313 / Balcultrystables@gmail.com

- **Festina Lente, Old Connaught Avenue, Bray.**
 - Private one-to-one riding lessons are 30 minute long and cost €42
 - One-to-one grooming sessions are 30 minutes and cost €20
 - Contact – Nicola @ bookings@festinalente.ie

Tennis

- Enjoy Tennis (inclusive tennis lessons)
- **Shankill Tennis Club**
- Run a Disability Tennis Programme
- Contact Liam O'Donohoe @ odonohoeliam@gmail.com

- **Sailing**
 - Dún Laoghaire Sailability Programme 2023

- Junior Programme
For Children aged 8--17 with physical, visual & hearing impairments.
- Contact - Duncan Lyster 086 833 0001 or email: djlyster71@gmail.com



Music & Dancing

- **Clap Handies PlayLabs**
 - The PlayLabs are weekly developmental sensory play classes for babies (6wks to 7mths), wobblers (8mths to 16mths), and toddlers (17mths to 3 1/2 yrs). The classes are designed to provide a fun and engaging environment for both children and adults!! With music, learning, social interaction, and sensory play, you and your little ones are sure to have a great time together.
 - Over 30 venues in Dublin, Wicklow and Kildare.
 - Visit www.claphandies.com for more details
- **Dublin City Ballet School**
 - Free 2 Be Me Dance is the DCBS adaptive dance program. It is specifically designed for children and young adults with additional needs.
 - Takes place in the Down Syndrome Centre, Sandyford
 - All age groups
 - For more information and to book contact dublincityballetschool@gmail.com or 0864124982
- **Martha's Mini Jam Music Classes**
 - Foxrock Pastoral Centre
 - Thursday mornings
 - Contact Martha @ martha.bredin@gmail.com.

Fitness



- **Spectrum Kids, Mudhuddert Village**
 - A big focus on fitness through fun for children with autism and intellectual disabilities
 - Contact Tracy @ tracy@spectrumkidsfitness.com or (01) 516 2278
- **Newpark Sports Centre**
 - Tivoli Tigers Gymnastics
 - Athletes with intellectual disability
 - Age group – 6+
 - tivolitigers@hotmail.com

Cycling

- Dun Laoghaire county council run inclusive cycling programs every few months.
- Contact Gwen @ golooney@dlrcoco.ie

Groups



- **Bray Lakers – A range of sports and social activities for people with intellectual disabilities**

Tel: 012022694
Email: info@lakers.ie
Address: The Old School House,
Eglinton Road, Bray,
Co. Wicklow, A98P6X9
- **Triona's Tots, Down syndrome Centre, Sandyford**
 - Weekly early intervention class for babies and toddlers with Down syndrome

- To register your interest, please email Triona Cussen at T21tots@downsyndromecentre.ie
- **Snowflakes Autism Support**
 - An organisation that provides services for autistic children and their families.
 - Monthly parent support group
 - Activities such as, swimming, horse-riding, sensory play
 - Contact – Stephen @ info@snowflakes.ie
- **Remember US, Balbriggan**
 - Social group for people with special needs.
 - Cool Kids (4-8)
 - Cool Dudes (9-12 years)
 - Cool Gang (13-17 years)
 - Summer camps for members.
 - To become a member contact Nora or Anne on 086 045 7003 hello@rememberus.ie
- **Dublin South Arch Club**
 - Friendship club for children, teenagers and adults with special needs.
 - Venue - Foxrock Parish Pastoral Centre.
 - For more information and to join - Claire Mulligan at dsarchsecretary@gmail.com
- **This is Me Neurodiversity**
 - A space where Neurodivergent children and their families can connect and share ideas and experiences.
 - Parent led events and activity camps.
 - Contact Rebecca McDermott @ rebeccamc.thisisme@gmail.com
- **Twigs, Tallaght**
 - For children with a diagnosis of autism.
 - Provide afterschool care
 - Run Easter and Summer camps
 - Contact - info@twigs.ie
- **Lakers in Bray**
 - For children and adults with intellectual disabilities.
 - Classes/activities during the school term
 - Summer camps
 - Website/Contact- <https://lakers.ie/>

County Council Sports Inclusion officer- Many county councils have a sports inclusion officer – some of these also have access to a booklet of accessible sports groups – Please contact your local county council to see if this is available in your area.