

Community Resource Guide Mid-Kildare Disability Network Team



Community Activities

Cycling Ireland – Para-cycling

Para-cycling is the sport of cycling adapted for cyclists who have various disabilities. Para-cycling currently includes individuals with cerebral palsy, visual impairments and physical impairments. Road cyclists compete on hand-cycles, trikes, tandem bikes or bikes depending on their condition. On the track, cyclists compete on either tandem bikes or bikes.

There are multiple upcoming events such as Beginner and Intermediate Youths & Juniors online training programme where children can learn more about the sport. The website also lists facilities and clubs located around the country where you can practice cycling.



Link to website: <https://www.cyclingireland.ie/cycling/paracycling/>

Irish Wheelchair Association

The IWA Sport is the National Governing Body in Ireland for Wheelchair Basketball, Wheelchair Rugby and Para Powerlifting. Alongside these sports, they run multi-sport clubs for young people for children between the ages of 5-15 years. The range of games and sports on offer in their clubs are fun games, parachute games, wheelchair basketball, wheelchair rugby, para-athletics, boccia, swimming, soccer, GAA, rugby, table tennis and much more.



You can find more information on how to join the clubs and where they are located on their website: <https://www.iwa.ie/sport/our-sports/junior-sports-clubs/>

Riding for the Disabled Association Ireland

RDA Ireland provides the opportunity for individuals, with physical or intellectual disabilities, to horse ride or carriage drive. It currently has 40 Groups across Ireland 500 volunteers providing weekly riding or carriage driving sessions to 600 disabled children and adults.



There are three RDA Ireland Groups around the Kildare area:

- Clane & Curragh RDAI Groups
- Calliaghstown & Moyglare RDAI Groups

More information on how to join these groups and contact the RDA Ireland can be found on their website: <https://rdaireland.org/>

Lilywhite Wheelers

The Lilywhite wheelers is a children's wheelchair user or reduced mobility sports club established with guidance from the Irish Wheelchair Association and Kildare Sports partnership. The club was established to give children with disabilities a chance to participate in sports, have fun and be part of a team. They train most Wednesdays in Naas Sports Centre from 6-7pm.



Tel: 0868391511

Email: Josephine.justice@gmail.com

For more information you can visit their facebook page at:

<https://m.facebook.com/TheLilywhiteWheelers>

Learn2Cycle Programme

This programme is targeted at children with disabilities. The programme aims to teach children to cycle a two wheeler bike independently. They say if the child has the balance to walk, they can have the balance to cycle. They do not provide adapted or any specialised bikes, it is for standard bikes only. The programme runs once a week for six weeks for an hour and they take approx. 10-15 participants per block. The programme is ran indoors in Naas and the cost of the 6 week block is €40pp.



For more information and contact details please visit the following link:

<https://kildarecoco.ie/kildaresp/Programmes/SportsAbilityProgramme/LearntoCycle/>

Association of Irish Riding Establishments

This organisation has experience of providing small group riding lessons for children and young people with physical and learning difficulties. More information on contact details and how to join can be found at the following link: <https://www.aire.ie/>



Equestrian Activities and Horticulture - Festina Lente Equestrian Centre and Walled Gardens

Festina Lente Equestrian Centre offers equine centred activities to people of all ages, backgrounds, learning abilities and interests. Festina Lente Equestrian Centre provides an inclusive environment which fosters each person's learning and well-being in a supportive, nurturing and fun manner. From as young as two years of age, children, teenagers and adults can enjoy learning experiences through a variety of our Equestrian Centre lessons, camps & clinics. Festina Lente Equestrian Centre has developed a strong reputation for excellence in high level coaching and a place to have fun as well as inclusion of children and persons with special needs through therapeutic riding and learning programmes and provides an integrated working and learning environment to hundreds of people every year! In addition to the more traditional equestrian activities Festina Lente also provide a variety of other programmes to facilitate, educate and encourage children and adults with special needs.

More information and contact details are available at: [Festina Lente Enterprises CLG Charity | Equestrian Learning Centre](#)

Football for All

The Football for All programme is governed by the FAI and facilitates a clear pathway to cater for players with various disabilities from club to country where abilities allow. The programme will give 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. Some of the associations and teams that are provided are Blind Football Ireland (BFI), Association of Irish Powerchair Football (AIPF), Irish Amputee Football Association (IAFA), Cerebral Palsy football, Frame football and Irish deaf football.

If you want to get your child involved in the programme, you can contact your closest club to check availability. If the club can accommodate you, register with them and go along to the sessions.

For more information and details on the programme, you can visit their website:

<https://kildarecoco.ie/Kildaresp/Programmes/SportsAbilityProgramme/FootballForAll/>



Disability Tag Rugby

Disability tag rugby is run by the IRFU and encourages the positive development of running, balance and handling skills. It is played by men, women and children of all ages and abilities. Disability tag rugby is fully inclusive and caters for a wide range of players, including wheelchair users and those with additional needs. The sport caters for those aged 6 years plus, with no upper age limit. There are a number of clubs available in the Kildare Area, these can be found at the following link: <https://www.irishrugby.ie/playing-the-game/spirit-of-rugby/disability-rugby/disability-tag/#:~:text=What%20is%20disability%20tag%20rugby,of%20all%20ages%20and%20abilities.>



Swimmingly – Swimming Lessons

Swimmingly offer 'Learn to Swim' and inclusive swimming lessons for children with intellectual, physical and sensory disabilities. Classes run Monday -Saturday (morning and evening times) across various locations. For more information and contact details follow the link: [Contact Us \(swimmingly.ie\)](http://swimmingly.ie)



ENJOY tennis



ENJOY TENNIS is the Tennis Ireland programme for players with a disability to learn and enjoy playing tennis in clubs around Ireland. Enjoy Tennis links local organisations such as Service Providers like St Michael's House, or NGBs such as Vision Sports Ireland or IWA sport with local Tennis clubs. This programme is currently being run in Clane Tennis Club and Naas Lawn Tennis Club. It is available for players with intellectual disability, autism, blind/vision impairment, acquired brain injury and wheelchair users.

Further information available at: [Enjoy Tennis - Tennis Ireland](http://enjoytennis.ie)

Special Olympics Ireland

Special Olympics Ireland is a sports organisation for people with an intellectual disability. Their clubs are a fun, friendly and supportive place for all our athletes to keep fit and enjoy all the benefits that sports has to offer.

**Special
Olympics
Ireland**



A list of clubs that are provided around the Kildare area with younger athletes participating are listed below. Please note that these clubs have younger athletes as well as older athletes attending. No club is strictly for youth athletes below:

- Naas Special Olympics Club (floorball, athletics, basketball, ten pin bowling)
- Pitfield Special Olympics Club (Equestrian)

For more information on any of the above programmes and how to join them please visit the following website: <https://www.specialolympics.ie/clubs>

GAA for All

GAA for All is a group of initiatives in the GAA, involving Wheelchair Hurling and Camogie, Football for all, Fun and Run, “All Star” Inclusive clubs, Cúl 4 All / Cúl Eile Camps and intercultural activities. The aim of the GAA for All programme is to help integrate players of all abilities into the club environment. These sessions are designed to provide a supported environment for children with disabilities to participate in GAA.



There are the two following programmes available for 8-15 year olds with physical and intellectual disabilities:

- Kevin's/Rathcoffey/Caragh GAA For All
- Sarsfields GAA For All
- St. Laurence's GAA For All

For more information on the programmes and how to contact them follow the link:
<https://kildarecoco.ie/Kildaresp/Programmes/SportsAbilityProgramme/GAAForAll/>

Clane United AFC, Non-competitive Soccer Academy

Clane United AFC offers an inclusive fun-based non-competitive soccer academy for children with additional needs with free membership.

Location: Clane United AFC, Doctor's Rd, Clane

Contact: claneunited@gmail.com

Day and Time: Saturdays 4pm – 5pm



Adapted Tag Rugby

Naas Rugby offers inclusive fun-based rugby training for children & teenagers with Special Needs from ages 6 – 16.

Location: Naas

Contact Name: Ciaran

Contact Num: 087 614 9770



Cill Dara Foxes Rugby for All

Cill Dara Rugby Club offers an inclusive fun-based rugby training for children and teenagers with Special Needs.

Location: The Curragh

Contact Name: Paul McGrath
Contact Num: 087 295 8643
Facebook: Cill Dara Rugby Club



Kidzcraft

SparkAbility offers social skills groups for 3-13 year olds. Activities include arts and crafts, circle time, group games, sensory play, 1:1 teaching.

Location: Kill
Contact Name: Zarah Doyle
Contact Num: 085 856 5449
Email: zarah@sparkability.ie



Kidzmove

SparkAbility offers exercise groups for 4-12 year olds, which targets motor skills, fitness and fun in a sensory-friendly environment.

Location: Kill
Contact Name: Zarah Doyle
Contact Num: 085 856 5449
Email: zarah@sparkability.ie



Jumping Jelly Beans

Jumping Jelly Beans is an Indoor and Outdoor exercise group for children with Special Needs based in Newbridge, Milltown.

Location: Newbridge, Milltown
Contact Name: Roisin Malone
Contact Num: 085 126 4811
Facebook: Jumping Jelly Beans



A Special Day

A Special Day run social clubs for children with autism in Celbridge, Dunboyne, Ratoath and Raheny. They also run an exploratory play group and a life skills group.

Location: Celbridge
Facebook: A Special Day



Able Active

Promoting accessible trails, amenities and facilities
website <http://www.ableactive.ie>

able active Where nature is accessible

Your app to find trails and amenities near you, guided by detailed information, real-time data and peer accessibility ratings, allowing you to enjoy nature with your friends and family.

- **Trails, Amenities and Facilities**
Shown on a map along with nearby parking, services and specialist equipment, so you know what to expect.
- **Accessibility Rating**
By users, for users and tracked across distinct disability types. Contribute yours today to help drive improvement.
- **Connect with friends and family**
Plan and schedule outings together.
- **Record your own trail**
Keep a record of your activities, or use this feature as part of researching group outings.
- **Weather, Daylight, Tides and more**
Helping you prepare for whatever the weather has in store.
- **Suggestions always welcome**
Let us know how we can better support you in planning your activities

www.ableactive.ie

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TTT (Toys, Technology & Training)

A collection of specialised toys and assistive equipment supporting our neurodiverse community. Items in the collection can be borrowed via any library in Kildare. The TTT programme also hosts a series of free talks and workshops each year.

[Toys, Technology and Training - Kildare Library Service \(kildarecoco.ie\)](http://kildarecoco.ie)



CDNT Website

Additional information can also be found on our CDNT website:
Dublin South, Kildare, West Wicklow Children's Disability Network (CH07 CDNT)
website www.cho7cdnt.ie